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'MO BROS' ARE ON A MISSION TO EDUCATE WELLNESS {pages 27-30}

MAYBE IT'S OK TO CHECK FACEBOOK AT WORK?

{pages 4 & 6}

BLACK IS BACK
Quiznos
See Page 3

TORONTO metro®
Tuesday, November 8, 2011
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News worth sharing.

▶ Demonstrators outside the Criminal Justice Center in Los Angeles yesterday after jurors found Michael Jackson's physician guilty of involuntary manslaughter.

BRET HARTMAN/THE ASSOCIATED PRESS

Guilty verdict pleases Jacksons

The trial painted Dr. Conrad Murray as a reckless caregiver who administered a lethal dose of a powerful anesthetic that killed Michael Jackson in 2009, on the eve of the King of Pop's comeback concerts. Jackson's family wept after the verdict was read. His mother, Katherine Jackson, later said, "I feel better now." La Toya Jackson said she was overjoyed. For more, see page 25.

Pedestrian deaths probed

Public invited to provide information to investigation Expert panel to include Toronto police and OPP traffic services, TTC

It was a horrible string of deaths that alarmed police in the Greater Toronto Area and left pedestrians nervously looking over their shoulders last year.

Fourteen pedestrians were struck and killed in as many days in January last year, including a Toronto woman who died after being hit at Davenport Road and Symington Avenue by a sports utility vehicle as she crossed an intersection. She was pinned underneath and died.

Seeking to prevent a repeat of that awful month and devise tools to improve pedestrian safety, Ontario's chief coroner, Dr. Andrew McCallum, yesterday launched a probe into all the pedestrian deaths last year.

There are about 113 pedestrian deaths each year in Ontario as a result of people being struck by cars, trucks, buses and streetcars.

The probe is being spearheaded by Dr. Bert Lauwers, Ontario's deputy chief coroner, and a report with recommendations is expected sometime after the review is completed next spring.

Of the pedestrian deaths, Lauwers said the review will drill down on several key factors, including intoxication, the percentage of accidents in urban versus rural settings, and environmental considerations affecting visibility for drivers, like freezing, sunlight and rain or snow. The review will also consider the rate of accidents in intersections, speed and visible obstacles like signs or lampposts.

Darryl Bowles of Hamilton, whose elderly father was killed by a driver in 2008 and who founded the site familiesfightingcarelessdriving.com, says the important issue is justice. The person who killed his father received a four-month jail sentence for careless driving. He says the penalties should be more severe.

"I was so frustrated about the laws," he said. "People need to know that if they kill another human being when they're driving their car, there's going to be consequences for it."

TORSTAR NEWS SERVICE

Weighing in

- **Daylight savings.** "The number of pedestrian injuries and deaths always spikes this week after the time change," said Dylan Reid, former co-chair of the Toronto Pedestrian Committee, before it was dismantled by Mayor Rob Ford last summer. "Suddenly everyone is walking around in rush hour in the dark."
- **Education.** "If you simply had an education campaign the week before, that could save some injuries and deaths," Reid said.

Cyclist killed {page 3}

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Cyclist killed in west end

Woman was the second cycling death in the city so far this year

Only one cyclist was involved in a fatal collision with a truck yesterday in the city's west end.

But there were two helmets left lying on the road after the victim was pronounced dead by the coroner and her body taken away in a black van.

An adult's helmet lay crushed on the road beside the woman's mangled green bicycle. Beside it sat a smaller helmet, wrapped in a Spiderman design. It had been hanging from the handlebars of the child's trailer attached to her bike.

Police say the victim, who died at the scene of the collision after suffering massive head injuries and upper body trauma, was a mother and a resident of the area. She was 38.

Both the cyclist and the truck were attempting to turn right onto Dundas Street West from Sterling Road when the truck's cab clipped the woman and she fell, according to Const. Hugh Smith of Toronto Police Traffic Services. She was thrown beneath the back wheels of the truck.

TORSTAR NEWS SERVICE

On the scene

- **Husband.** Police did not identify the victim yesterday. Inspectors said her husband arrived on scene earlier and was distraught. It is not known how many children she had.
- **Questioned.** The truck driver was being questioned, but there was no word yesterday on whether charges would be laid.
- **Coroner.** Last month, Ontario's chief coroner announced the first ever province-wide investigation into cycling deaths.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Officers survey the scene with the broken bicycle and body still in position under the orange tarp after a female cyclist was hit and killed by a truck yesterday.

G20 'geek' was tricked, trial hears

A Toronto computer consultant says police on the lookout for G20 security threats illegally tricked him into talking and used deceptive information to search his home, exposing his private life in a "brutal and abrupt manner."

Police misled a judge when they filed affidavits seeking search warrants for his house and family cottages, Byron Sonne says in arguments filed yesterday on the first day of his closely watched trial.

"His fundamental right to be free of state interference was disregarded at the moment of his first contact with the police," his lawyers state.

An Internet security expert, Sonne was dubbed the G20 "geek."

THE CANADIAN PRESS

COLIN PERKEL/THE CANADIAN PRESS

▶ Byron Sonne

News in brief

Man surrenders in poppy-box thefts

A 26-year-old man surrendered to Toronto police early yesterday in connection with the thefts of three boxes containing donations for Remembrance Day poppies.

The suspect turned up at 22 Division just before 4 a.m. TORSTAR NEWS SERVICE

War memorial defaced

The principal of Malvern Collegiate says vandals used cellphones to photograph themselves as they damaged the school's newly restored First World War memorial.

THE CANADIAN PRESS

1 news

A Nov. 3 article about a publication ban imposed in a case involving an Ontario lawyer who has been convicted of child pornography and given permission to resign from his profession stated that the name of the lawyer is Howard Baker. In fact, his name is Howard Curtis Baker. He is not the Howard A. Baker who is senior counsel with Canada's Competition Bureau Legal Services in Ottawa.

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Social networks are knocking down barriers between work and private life For employers and employees, navigating the new territory means finding a balance between tweet surrender and a closed Facebook

SEAN MCKIBBON
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RYAN TAPLIN/METRO

Social media invades the workplace

Checking your Facebook or Twitter feed from the office?

Maybe you're not allowed to, but experts say it's increasingly difficult for employers to enforce policies that disconnect workers from social networks.

"There's a lot of fear. Some companies are staying away from it, some companies are embracing it and there's a whole lot of rogue stuff going on," said Robert Collins, a consultant and former chief information officer for Cognos, a firm purchased by IBM that produces software that tracks employee performance.

Collins said while some managers worry about productivity loss, there's no evidence to show social media or Internet use has any impact on productivity overall.

"Before this technology people found other ways to waste time, chatting to coworkers or on the phone," he said. "There will always be problems with individuals. Those problems have to be addressed individually."

With mobile devices, it's no longer possible — or even desirable — to simply close off access, said Collins. For some workers, particularly those in communications, there's even a potential productivity gain, he said.

Employers need to face up to reality — social media is here to stay, he said.

"If your organization is not there on Facebook, not there putting out tweets, putting out a blog, somebody is going to fill the vacuum and they're not going to be doing it in the interest of your company," he said. Having a strong social media presence can counteract rogue or critical tweets, he said.

Employers also need to tell employees what is and isn't acceptable on social media. Some employers see personal social media use by employees as reflecting on them and some even ask employees to use their personal accounts for business purposes.

"There isn't any law on any of this. It's all in the realm of corporate policies," said University of Ottawa law professor Michael Geist.

Collins and other experts say firms reap huge payoffs in extra time worked due to employees using mobile devices and laptops at home.

Linda Duxbury, professor and expert on organizational health at Carleton University in Ottawa, said that, in her research, the intrusion into home life isn't balanced by employees using social media or running errands online at work.

"It's all one way. The expectation is that you do work at home," said Duxbury, adding people always had this pressure, but technology makes it easier.

Collins and Duxbury both said employees need to set rules about when they will and won't be connected.

"It's better to have that conversation with your boss when it isn't a problem," said Collins.

A look at some of (very recent) history's most popular social media tools

1996

ICQ
The first Internet-wide instant messaging service still surprisingly has over 100-million (active?) accounts registered, says Time Warner.

1999

MSN
Now named Windows Live Messenger, Microsoft reported in 2009 its baby still attracted more than 330-million active users each month.

2002

FRIENDSTER
Friend-what? One of the original social media sites, redesigned in 2011 as a gaming site. It now boasts over 115-million anti-social users.

2003

MYSPACE
No. 1 social site from 2005-2008, MySpace now subsists solely on the coolness of owner Justin Timberlake, who bought a stake in it last June.

2004

FACEBOOK
As of July 2011, Facebook had more than 800-million active users, including half of Canada's population, and, most recently, grandma.

2006

TWITTER
In five years, Twitter has nabbed 200-million users. A fraction of them account for 200-million tweets per day.

SOURCE: WIKIPEDIA (WHO ELSE?)

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Quickest way to be de-friended? Post an ad, says expert

Want to be de-friended on Facebook?

Want to go from followed to unfollowed on Twitter?

No? Then stop regularly self-promoting your job or business from your social media account.

"It's about relationships first and sales second," warns Halifax-based social media expert Kathy Colaiacovo.

She should know. It's her business to do so.

Colaiacovo runs Time On Task Virtual Assistant, where she sets up and manages social media marketing for small businesses and entrepreneurs across Canada and the United States.

"I wouldn't have had this business five years ago," said Colaiacovo, whose client list has grown to several dozen.

"Almost every one of my clients has found me online," she said. "So without Facebook, Twitter and LinkedIn … I certainly wouldn't be in a position I would be in right now."

Colaiacovo has a few tips for those attempting to harness the power of social media for work, which more companies are doing and they now expect their employees to do the same.

"You don't want to have them inundated with (updates)," Colaiacovo advised those who use personal social media sites for work. "In particular on Facebook, you can use lists so that you can ensure that certain groups don't see certain updates."

And don't make it all about you, she warns.

If you do find you're losing friends, Colaiacovo said it could be you're doing too much business networking.

"It comes back to what kind of content they're using and how much they're putting out," she said. HEATHER GILLIS

Dos and don'ts

Some of Kathy Colaiacovo's dos and don'ts for using social media at work.

- **Do fill out your bio information.** That's where people will make snap decisions on whether to follow you.
- **Do pick a user name** reflecting your purpose, company, brand or who you are.
- **Do post using the 50/30/20 rule.** 50 per cent business-related information, 30 per cent personal (things you would say at a networking event) 20 per cent sales.
- **Don't follow more people than follow you.** You'll look like a spammer.
- **Don't join too many groups of pages.** You won't be able to network effectively.
- **Don't post the same kind of update multiple times.** Post useful information others will see has value.

Putting your best Facebook forward

Should work be all about face time with the boss, or is the occasional Facebook chat with a friend OK? We polled 413 Metropolitan Panellists from across Canada on their views on social media in the workplace.

RYAN TAPLIN/METRO

Do you use social media for personal reasons at work?

- **14%** Yes, I provide regular updates throughout the day
- **41%** Sometimes, but only on my breaks
- **45%** No, work time is for working

When should online posts be grounds for dismissal?*

- **48%** When they're work-related and negative
- **37%** When associating with you is embarrassing for the company
- **69%** When they break a pre-existing company policy
- **16%** Never, my online life is my business

Tweet talk. Back in April, Glee extra Nicole Crowther was fired for tweeting a rumoured spoiler, prompting show producer Blad Falchuk to tweet: "hope you're qualified to do something besides work in entertainment."

Are you Facebook friends with your boss?

17% Yes **83%** No

- **@EastCoastKnits:** No way. Facebook is for private life. Work is work.
- **@88Styles:** If I am Facebook friends with my boss I make sure to keep them on a limited profile. My personal life isn't their business.
- **@katbow:** It's okay to friend the boss on FB. That way, there's no surprises when you get sloppy at the company Christmas party.
- **@Altillopinionated!:** I was and the removal resulted in backlash that I will be forever haunted by.

Have you been reprimanded for using a social network at work?

- **1%** Yes, big time
- **46%** No, it's not an issue where I work
- **8%** Somewhat, but nothing harsh
- **45%** I don't use social media at work

- **@DefiantHeather:** I have multi-screen-itis and have been called on it. I prefer to be judged on production, not perception! #multislacker

*PANELLISTS COULD CHOOSE MORE THAN ONE ANSWER

The pictures on your profile are:

- **95%** Tame and wouldn't embarrass my employer
- **5%** Uncensored party shots I wouldn't want my boss to see

ISTOCK

Think those party shots can't get you into trouble? The Internet is rife with stories of people getting canned after boozy photos showed up online.

- **No cheers here.** In 2008, a New England Patriots cheerleader was given the boot after Halloween party photos surfaced on Facebook showing her holding a Sharpie next to a passed-out man covered in offensive graffiti.
- **How tame is tame enough?** Just last month a court ruled against reinstating a Georgia teacher who lost her job after a complaint about photos on her Facebook page was sent to her school. The vacation photos included shots of her drinking at pubs and cafés around Europe.

28%

Number of respondents who said they had to be "sneaky" when using social media at work.

Reader tips

We asked: If you must, what are your tips for sneaking onto social media at work?

- **@ChrisDca:** Certain web browser plug-ins can make it possible to update your Facebook status and tweet from the address bar. Sneaky.
- **@Brittanymaria:** Check Facebook on your phone when you use the bathroom.
- **@Gramiq:** take responsibility for running your company's social media accounts. Suddenly you're paid for it!
- **@tamara1479:** my tip for social media is not to sneak at all. Tell the boss studies show it increases productivity!

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Subway extension one stop at a time

Ford pledged Sheppard expansion to be open before Pan Am games in 2015

The Sheppard subway plan will envision expansion out to Scarborough Town Centre but focus on financing construction of a first stop, says the man tasked by Mayor Rob Ford to find billions in private investment.

Gordon Chong told the Toronto Star in an interview he will release his hotly anticipated report next month, "certainly before Christmas," and expects construction underway well before the next civic election in October 2014.

"Our project and plan is to go to Scarborough Town Centre, but we do it in phases, opening each new station as we're ready," Chong said. "The most important thing is that we get started in this council's term.

"As long as progress can be shown, I think the mayor kept his promise."

Depending on when construction starts, Chong said, it's possible — though unlikely — the line will reach Victoria Park Avenue by fall 2014.

He was tapped with finding up to $4 billion in private financing to build the $4.7 billion cost after Ford pronounced his predecessor David Miller's already funded light-rail Transit City plan dead and negotiated a new deal with the province.

Asked about finding developers willing to commit cash to public-private partnerships for projects around subway stations, Chong would only say: "It's really important that we do the rigour up front. We need time certainty and cost certainty."

TORSTAR NEWS SERVICE

Election promise

- In last fall's civic election, Ford promised something very different than work on a single stop.
- In his transportation platform, released on YouTube Sept. 7, 2010, the then-candidate vowed to extend the line from Downsview station to Scarborough Town Centre — "about 12 kilometres and up to 10 new stations."

Album. Buzz

▶ Hedley's Jacob Hoggard chats with host Jesse Giddings at MuchMusic's NEW.MUSIC.LIVE. studio yesterday.

COURTESY MUCHMUSIC

Hedley's storm warning

Canadian band Hedley was in town to promote its latest album, Storms, which hits shelves today.

Government shows lack of visible minorities

Only 11 per cent of the 347 GTA elected officials at the three levels of government are held by visible minorities, who make up two of five residents in the region.

A study released today by the Maytree Foundation — compiled at the completion of this year's federal, provincial and municipal elections — found that visible minorities account for 25 per cent or 12 of the 47 GTA seats in the Ontario legislature.

Visible minority group representation is dismal at the federal and local levels — making up 17 per cent of the region's 47 seats in the House of Commons and just 7 per cent of 253 municipal council seats.

TORSTAR NEWS SERVICE

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Bahamas $115
Travel Nov 27 - Dec 1/wg + taxes & fees $320

Panama $169
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New York $238
Travel Nov 19 - Nov 26/ac + taxes & fees $117

Honduras $365
Travel Nov 28 - Dec 5/wg + taxes & fees $300

Hong Kong $399
Travel Nov 23 - Dec 6/ji + taxes & fees $793

Beijing $589
Travel Nov 28 - Dec 6/ua + taxes & fees $422

Sydney $1111
Travel Jan 24 - Feb 7/qf + taxes & fees $725

USA

Las Vegas Air + 4 Nights $305
Imperial Palace + taxes & fees $309
INCLUDES accom on the Strip. Departs Nov 27/swg/wg. UPGRADE to the 4-star Luxor for $8 per night.

Boston Air + 3 Nights $449
Courtyard Boston Tremont Hotel + taxes & fees $121
INCLUDES accom in the theatre district. Departs Nov 30/ggv/ac. ADD car rental for $23 per day.

Myrtle Beach Air + 3 Nights $469
Ocean Dunes Resort & Villas + taxes & fees $118
INCLUDES oceanfront accom in the Grand Strand area. Departs Dec 5, 12, 19/ggv/dl.

Texas Air + Car $574
+ taxes & fees $119
INCLUDES airfare into Houston, return from San Antonio and 4-day economy car rental with unlimited mileage. Departs Dec 2, 9, 16/ggv/dl.

New Orleans Air + 3 Nights 4-Star $644
JW Marriott + taxes & fees $116
INCLUDES luxury French Quarter accom on Canal Street near attractions. Departs Nov 25/ggv/aa.

Honolulu Air + 7 Nights $929
Aqua Palms Waikiki + taxes & fees $127
INCLUDES central accom near Waikiki Beach. Departs Nov 28/ggv/aa. ADD Polynesian cultural center and Luau dinner show for $134.

All-inclusive Vacations

Puerto Plata 7 Nights 3.5-Star $257
Allegro Puerto Plata + taxes & fees $388
Departs Nov 12/nol/ts. UPGRADE to the 5-star Riu Bachata for $41 per night.

Jamaica 7 Nights 4-Star $497
Holiday Inn Sunspree + taxes & fees $359
Departs Dec 2/nol/c6. UPGRADE to the 5-star Riu Montego Bay for $78 per night.

Bahamas 4 Nights 5-Star $535
Riu Palace Paradise Island + taxes & fees $320
Departs Nov 27/sgn/wg.

Curaçao 7 Nights 4-Star $579
Breezes Curacao + taxes & fees $278
Departs Nov 13/sqv/tc.

Costa Rica 7 Nights 3.5-Star $649
Sol Papagayo + taxes & fees $292
Departs Nov 14/sqv/tc.

Los Cabos 7 Nights 4-Star $655
Royal Solaris Los Cabos + taxes & fees $347
Departs Dec 9/swg/wg. UPGRADE to the 5-star Riu Palace Cabo San Lucas for $24 per night.

St Lucia 7 Nights 4-Star $898
Smugglers Cove Resort and Spa + taxes & fees $341
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Occupy protesters get eviction notices

Occupiers in some provinces move locations to appease officials Other groups say they won't leave

Cities across Canada that have begun making moves towards tearing down three-week-old Occupy camps are being met with responses ranging from contempt to compromise.

In Victoria, protesters firmly rejected a notice of removal yesterday, marching to city hall to hand deliver a letter saying they would be staying put.

The city threatened prosecution against dozens of campers who have been living in pitched tents in and around Centennial Square since Oct. 15, the day numerous protests sprung up across Canada and the globe in support of the movement begun in New York City's Wall Street.

Served

Eviction notices have been served in Victoria, Quebec City and Vancouver, while Halifax asked for demonstrators to relocate at least for Remembrance Day ceremonies.

But some protesters tried to clear part of the site to make way for a temporary outdoor skating rink.

Vancouver city manager Penny Ballem said city lawyers will be in court today seeking a formal injunction to dismantle the encampment. Officials cite safety concerns, including a death Saturday and near-death due to drug overdose on Thursday.

Municipal authorities in Quebec City were also being cautious yesterday, four days after serving an eviction notice to dozens of protesters.

As they did last Friday, police raided the site yesterday to take away firewood, and other equipment. The city cites security reasons for demanding an end to the occupation. A small fire had broken out last week.

Dozens of Occupy Nova Scotia protesters camped outside Halifax City Hall packed up their tents yesterday and moved to a new location in the city to allow Remembrance Day ceremonies to proceed.

THE CANADIAN PRESS

Art. Global project

▶ A woman returning from a market holds a yellow balloon handed out as part of an art project by American artist Yazmany Arboleda in Nairobi, Kenya, yesterday.

KHALIL SENOSI/THE ASSOCIATED PRESS

Balloons have Kenyans smiling

Thousands of yellow balloons are floating above commuters in downtown Nairobi, bringing smiles for Kenyans wary of bomb warnings after two recent grenade attacks. It is the third of seven global art projects known as "Monday Morning."

Cash campaign for Chinese dissident

Nearly 20,000 people have sent $840,000 US to Chinese dissident artist Ai Weiwei, some tossing cash folded into airplanes over his gate, to help him pay a tax bill they see as government harassment, he said yesterday. THE ASSOCIATED PRESS

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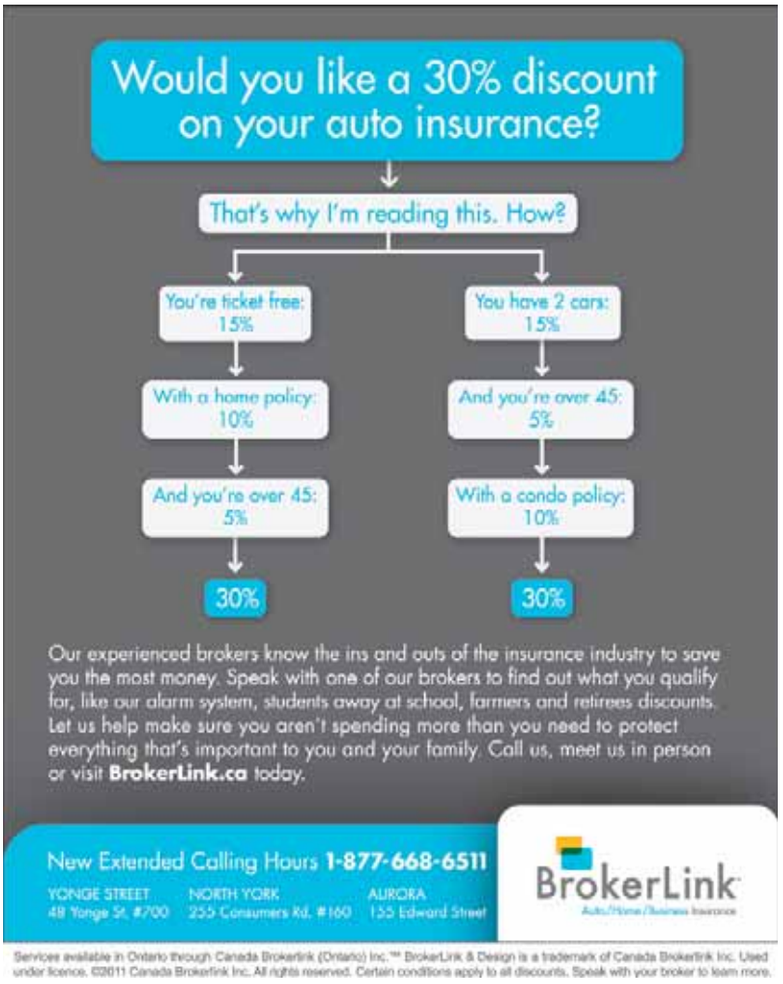
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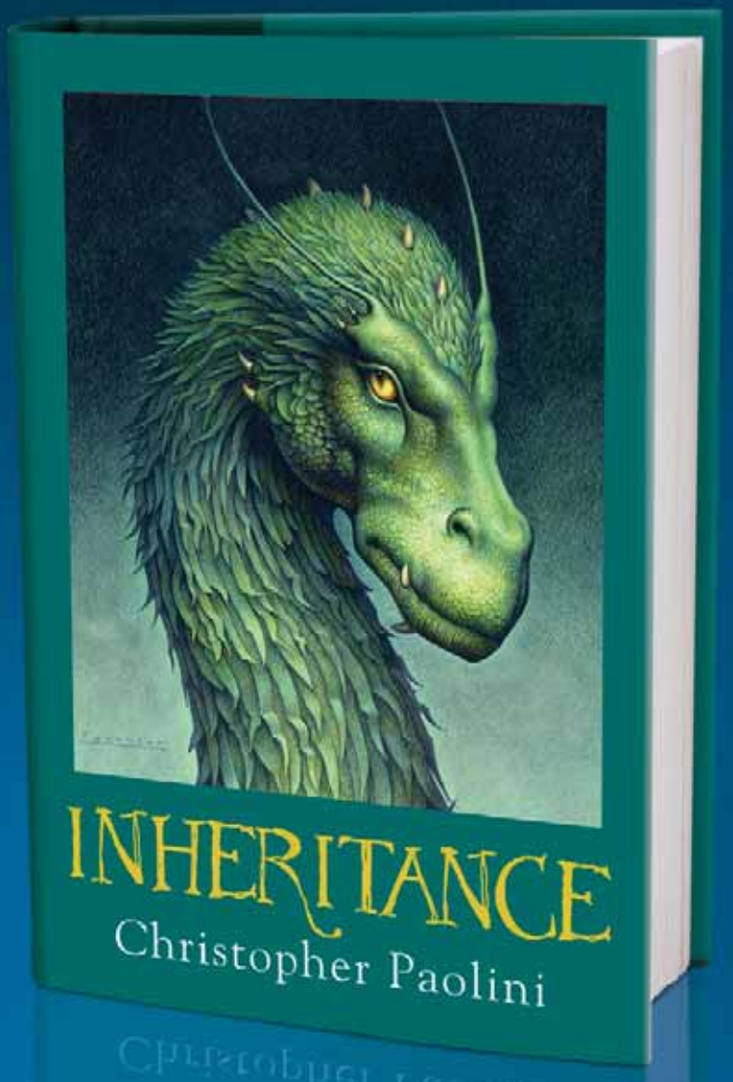

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▶ One of 29 mummified bodies found at an apartment in Nizhny Novgorod, some 400 kilometres east of Moscow.

29 corpses found in home

Russian historian only raided graves of young women, news reports say

Russian police discovered 29 mummies at the home of a well-known local historian who dug the bodies up from cemeteries and dressed them in clothes scavenged from graves, they said yesterday.

A police video of the man's apartment in the Volga River city of Nizhny Novgorod shows his macabre collection of what look like dolls. Life-size, they are dressed in bright dresses and head-scarves, their hands and faces wrapped in what appears to be cloth.

Russian media reports identified the man as Anatoly Moskvin, a 45-year-old historian who was considered the ultimate expert on cemeteries in Nizhny Novgorod. The arrest followed a long-running investigation into the desecration of graves at cemeteries in Nizhny Novgorod beginning in 2010.

THE ASSOCIATED PRESS

Spanish cemetery serves eviction notices on crypts

Pushed for space, a Spanish cemetery has begun placing stickers on thousands of burial sites with lapsed leases as a warning to relatives that their ancestors face possible eviction.

Jose Abadia, deputy urban planning manager for Zaragoza in Spain's northeast, said yesterday that the city's Torrero graveyard had already removed remains from some 420 crypts, and reburied them in common ground.

He said the cases involved graves whose leases had not been renewed for 15 years or more. Torrero, like many Spanish cemeteries, no longer allows people to buy grave sites, instead leasing them out for periods of five or 49 years.

Abadia said the cemetery began stepping up its search for defaulters around two years ago, with relatives or caretakers given six months to respond.

7,000 Jose Abadia said 7,000 of Torrero's 114,000 burial sites' leases had run out, many because relatives or caretakers had died themselves, or moved house and failed to renew the contract. In other cases, family descendants no longer wanted to pay for relatives' plots, he added.

The stickering campaign was planned to coincide with the Nov. 1 Roman Catholic holiday, on which people customarily visit graveyards.

He said that since then hundreds of people had rung to make inquiries about the status of their relatives' burial sites.

It's a case of cemetery management, "not to make money" as graveyards have limited space, he said.

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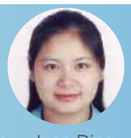
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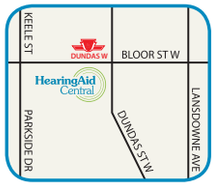

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Homeless vets in fight of their lives

Is the problem about to explode in this country?
Soldiers helping out comrades living on the streets

Standing a few discreet metres away from those selling Remembrance Day poppies at shopping centres across the country this week will be the ragged, faceless and forlorn pleading with people for their spare change.

Many of them once wore the smart, crisply pressed uniforms of Canada's military forces and they have become a small army of homeless veterans. That army will undoubtedly grow in size as troops returning from Afghanistan absorb the horrors of a decade of fighting there.

They're struggling with alcoholism and addictions. They often lack everyday skills like financial planning. And they often don't know where to turn to put their life back on track.

But homeless veterans also have a natural community of support that is quickly learning more about who they are, how they ended up on the street, and how to help them.

Fellow soldiers are often effective at a very local level, helping dozens of vets off their city streets. But they are frustrated at the lack of a larger plan and bracing for the inevitable wave of Afghan vets as they process their experiences from home.

Veterans Affairs, for its part, says it is already doing what it can, pointing to outreach projects in Montreal, Toronto and Vancouver. And it works on a less formal basis with community groups in towns and cities across the country.

THE CANADIAN PRESS

Snapshot

- Recently published research shows that a typical homeless veteran in Canada is 55 years old and left the armed forces 27 years ago after six or seven years of service.
- Most are single or divorced and are better educated than most of the others living on the street.

▶ Claude Lord gets back to his "home" with a six pack recently in Montreal. Lord, a military vet, lives in a shipping container in one of the city's poorer neighbourhoods. For more photos of a soldier's life on the streets, visit metronews.ca.

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PAUL CHIASSON/THE CANADIAN PRESS

Vet's story shines light on the issue

He steps over piles of trash, past the dog wolfing kibble off the floor, across his tattered mattress and into the perpetual darkness at the back of the shipping container.

▶ Claude Lord

Meet former Canadian Forces soldier Claude Lord — and welcome to his home.

He is one of 150 veterans the federal government says it has helped in Montreal, Toronto and Vancouver under a program aimed at getting ex-military personnel off the streets.

Since connecting with Veterans Affairs Canada a couple of years ago, Lord meets regularly with government social workers and collects a monthly military pension of $1,200; he is now hunting for a proper abode.

If it weren't for the active involvement of a concerned businessman, Lord might never have known this help existed.

He also would have struggled to navigate the months of phone calls, meetings and paperwork needed to finally claim his pension more than three decades after leaving the military.

The retired corporal's case raises questions as to whether more outreach is required to help Canada's homeless veterans, many of whom might be eligible for a military pension and not even know it.

There are no statistics on how many veterans share Lord's story, but Ottawa has estimated the numbers to be in the dozens.

THE CANADIAN PRESS

Sick veteran collapses during hunger strike

A military veteran on a hunger strike collapsed momentarily during the third day of his protest against the federal government yesterday.

Pascal Lacoste is trying to convince the government to recognize that he and other soldiers were poisoned while serving overseas.

The 38-year-old former soldier was leaving a camper lent to him by a friend and heading back to his SUV when he fell to the ground.

An ambulance was called as his mother rushed to hold him, clutching him to her chest. Lacoste eventually recovered after taking gasps of air from an oxygen mask.

But the exhausted-looking man refused to go to hospital. He decided to continue his hunger strike instead.

Lacoste told a Canadian Press photographer that a small drop in blood pressure caused him to collapse.

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Woman accuses Cain of groping

The sexual harassment scandal plaguing Herman Cain suddenly had a name and a face yesterday as a Chicago woman accused the Republican presidential hopeful of lunging at her in 1997 when she asked him for a job.

Sharon Bialek is the first of four accusers to provide details of the sexual harassment allegations.

"He suddenly reached over and put his hand on my leg, under my skirt and reached for my genitals," Bialek told a packed Manhattan news conference.

SPENCER PLATT/GETTY IMAGES

▶ Sharon Bialek

The alleged incident took place in a car in 1997, after Bialek travelled to Washington to ask Cain about getting her old job back at the National Restaurant Association. Cain headed the trade group at the time.

When she asked him what he was doing, Bialek quoted Cain as saying: "You want a job, don't you?"

Cain's campaign denied Bialek's accusations. "All allegations of harassment against Mr. Cain are completely false," a release said. THE ASSOCIATED PRESS

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▶ Athenians read the headlines of Greek newspapers yesterday after the prime minister and opposition leader reached a coalition agreement.

Greeks unite amid chaos

Athenians say national unity is first priority despite turmoil

RUBEN EG
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METRO WORLD NEWS IN ATHENS

Greek Prime Minister George Papandreou and Conservative leader Antonis Samaras held fresh negotiations on the telephone yesterday, hours after reaching an agreement to form a coalition for the next 15 weeks in order to secure a 130-billion-euro rescue package.

And for the first time in a long time, there were no demonstrations. Even in front of the Parliament building, at Syntagma Square, all was calm. Only graffiti and fire damage remain from the angry protests of recent months. But while most people have left the streets, they are still fretting over the political impasse in their land.

"Who cares if George Papandreou has left if we still can't pay our rent because we owe 30 to 40 per cent of our salary?" says shop owner Andi Levi. "His departure doesn't really change anything. Business is bad even in the centre of Athens."

Business is also bad for taxi driver Andoni, who withheld his last name.

"Who has the money to take taxis now?" he says. He does not use Papandreou as a scapegoat, however.

"His departure is bad for Greece. Papandreou is the only one who can still change anything. Antonis Samaras and his party have been doing nothing but talk for many years, and now they think they'll fix the problem? I don't believe it."

What the Greeks do agree on is the need for national unity. Andoni says Greeks "need to work together. That's what our neighbours want."

Levi is also hopeful: "It can't get any worse."

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Deal flies into turbulence

Union upset arbitrator imposed pact with provisions rejected earlier by Air Canada's flight attendants

The union representing Air Canada's flight attendants slammed an arbitrator's decision that imposes provisions of a tentative agreement that was rejected by employees last month.

Canada Industrial Relations Board arbitrator and chairwoman Elizabeth MacPherson endorsed Air Canada's position that the provisions be imposed without alteration.

The new four-year deal expires March 31, 2015.

CUPE national president Paul Moist said the government's constant interference in collective bargaining tipped the scales in favour of the company.

But MacPherson said the union won improvements in the second tentative agreement that was unanimously recommended by its bargaining committee.

MacPherson said her decision most closely resembled what would have been achieved had the case not been referred to an arbitrator by the federal government and instead been allowed to run its course through collective bargaining — including the right to a strike or lockout.

More than 65 per cent of employees who voted rejected the second agreement, yet only 73 per cent of members voted, suggesting they weren't so unhappy that they felt compelled to vote against it, she added.

THE CANADIAN PRESS

STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

▶ Striking Air Canada flight attendants, supported by a few other unions, rally outside Pearson airport on Sept. 20.

"(Flight attendants) deserve better treatment from Air Canada, and they certainly deserve better from their federal government."
PAUL MOIST, CUPE PRESIDENT

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 53.73 (12,461.98)	+ 0.39¢ ($98.75¢ US)

Oil	Natural gas	Gold
+ $1.26 US ($95.52 US)	$3.696 (- 8.7¢)	$1,791.10 (+ $0.00)

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MAKING THE MOST OF HIS MOUSTACHE

SHE SAYS ...

JESSICA NAPIER
METRO

Remember when November was just that boring month sandwiched between pumpkin-spice-latte season and the holidays? With no long-weekends in the mix, the 30 unspecial days following Halloween would just drag by without any consequence.

Now, this once-dreary month has been taken over by an army of moustached do-gooders. November has been rebranded as Movember — or, as I like to call it, Ironic Facial Hair Appreciation Month.

While fundraising efforts to battle prostate cancer are commendable, fellas with newly acquired 'staches need to realize that these charitable whiskers can be a little uncomfortable for your partner.

"Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair."

If you find yourself getting close to a Mo Bro during this hair-raising month, here are a few things to keep in mind.

In the early stages of moustache growth, your man will probably be working with some pretty weak pre-pubescent hairs. Depending on his growing capabilities, this unsightly stubble may stick around for the entire month. Try to look past the tragic teen 'stache and remember the noble cause behind his creepiness. Is wispy upper-lip hair a turn on? Absolutely not. But there's something pretty sexy about a man who's willing to donate his face to a worthy cause.

If you're used to being with a clean-shaven guy, it's going to take a while to get on board with kissing a moustachioed man. It'll feel a bit like making out with a broom at first. Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair.

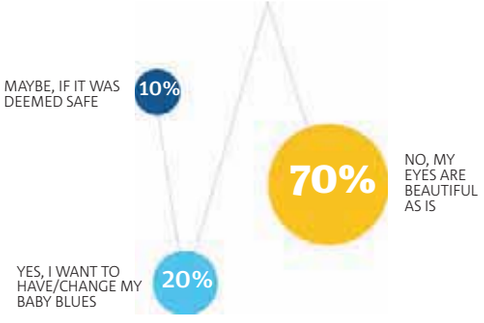
Depending on his level of creativity, your man may decide to groom his altruistic facial hair into a themed mo. Popular styles include the Captain Hook, the pencil, the horseshoe, the Charlie Chaplin, the toothbrush and, of course, the always creepy handlebar. Some thematic moustaches will make you laugh, but most will make you cringe with horror. Resist the urge to look away. Instead, be supportive and walk proudly down the street with your Hulk Hogan look-alike.

Once his 'stache is fully formed, your man is going to be deluded into thinking that he is the new Magnum P.I. In reality, he'll probably look more like a C-list porn star. To be fair, there are very few men who can pull off a moustache. If you think he might start considering a year-round moustache, quickly insist that Tom Selleck's ladies-man status is most definitely the exception, not the rule.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Would you ever consider laser surgery to change your eye colour?



Local tweets

- **@jonahschein:** Heartbreaking: Cyclist killed in collision with truck near Dundas and Lansdowne
- **@bikeunion:** Our condolences to the family of the cyclist killed on Stirling today. Bike lanes save lives
- **@hellojenkim:** Oh gosh, I just read the terrible news about the cyclist who died in Toronto today. So sad.
- **@JustinMalecki:** Heading to Sterling and Dundas to light a candle and musically pay my respects to a fallen cyclist.
- **@PistachioWrites:** Stuck in the detour caused by a cyclist killed by a truck on a nasty stretch of Dundas W, right where the city dropped its bike lane.
- **@GMuziic:** #SomeFactsAboutMe I'm #MadeInCanada
- **@LilLilyLiu:** #MadeInCanada - SOME AMAZING @NHL HOCKEY PLAYERS <3 !
- **@Ciity_DSD1:** #MadeInCanada maple syrup
- **@BrettToskan:** Back in #Toronto. Great flight back but time to grab some food at #pizzerialibretto

Worth mentioning

It turns out that catching cancer early is not always as important as has been thought.

Some tumours are too slow-growing to ever threaten your life. Some are so aggressive that finding them early does not make much difference. And today's treatments are much better for those somewhere in the middle.

Those complexities are changing the longtime mantra that cancer screening will save your life. In reality, it depends on the type of cancer, the test and who gets checked when.

"We can find cancer early. We can reduce the burden of the disease. But along the way, we're learning our tests are not as perfect as we'd like," says the American Cancer Society's Dr. Len Lichtenfeld."We're learning that we're now finding cancer that would in fact never cause harm."

Now cancer specialists are struggling to find a new balance: To quit over-promising the power of early detection and to help people understand the tests themselves have risks — while not scaring away those in need of scanning.

THE ASSOCIATED PRESS

photo of the day

metro PHOTO CHALLENGE

▶ This photo titled Monster City was submitted to the Alienation category by Carlos Silva from Portugal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Doing a good deed saves one man's life

A Canadian man who helped another motorist change a tire in western Wisconsin had his good deed repaid when that motorist saved his life just minutes later.

Victor Giesbrecht, of Winnipeg, was driving near Menomonie on Saturday evening when he stopped to assist with a tire change. The Wisconsin State Patrol says the 61-year-old then drove away and suffered a heart attack a few kilometres later.

Giesbrecht's wife stopped the pick-up truck and waved her arms, and the motorist whom they had helped just a moment earlier stopped and performed cardiopulmonary resuscitation.

Patrol Sgt. Michael Newton told the Star Tribune that if Giesbrecht hadn't helped with the tire, his rescuer may have remained stranded too far away to help.

"If he had been a few more miles down the road ... it could have been a different outcome," Newton said. "It's an interesting turn of fate."

Giesbrecht was hospitalized in serious condition yesterday.

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metro

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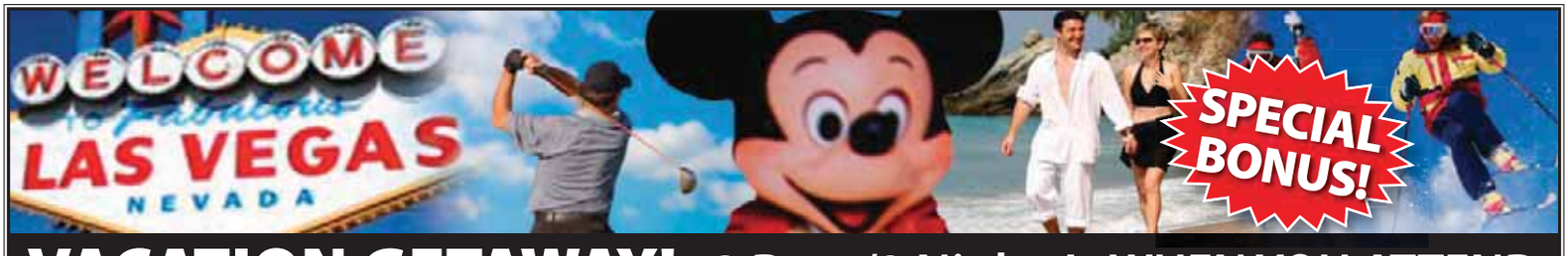

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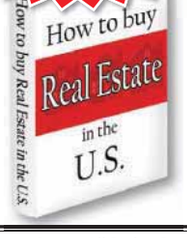

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Chef cooks local, abroad

Canada's Massimo Capra jets around the world in a new series called Gourmet Escapes
Master chef spreads the word about eating natural, local and seasonal products

Canadian celebrity chef Massimo Capra cooks local from afar in his new series Gourmet Escapes.

Flying to locations including Holland, Iceland and Switzerland, the mustachioed, jovial Italian native gets his hands dirty as he meets with farmers and chefs to highlight how various cultures benefit from eating natural, local and seasonal products. He also makes mouth-watering meals out of area offerings (golden beet risotto, anyone?).

In the first episode, which debuted Nov. 2 on Travel+Escape, the Toronto-based Capra visits Northern Ireland, donning a beekeeping suit to extract honey from hives and stopping by a farm where free-range pigs are raised.

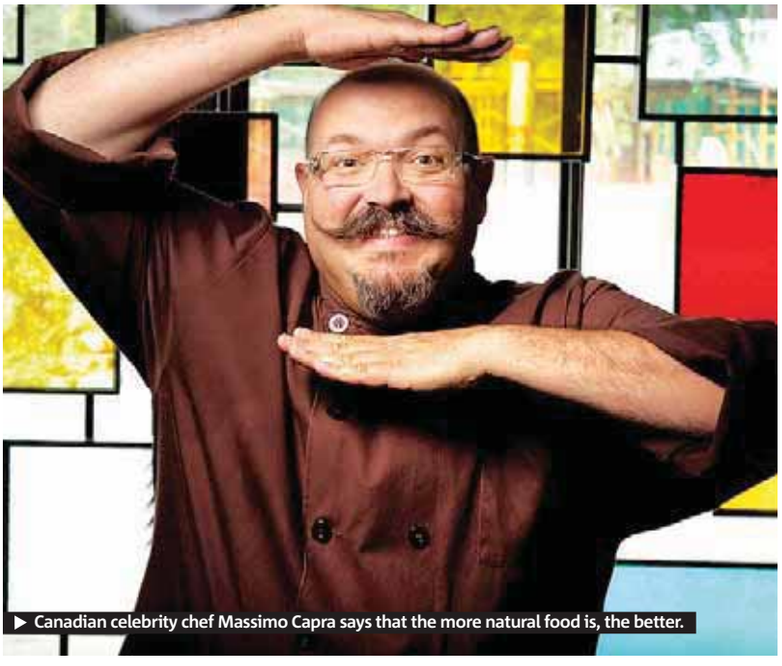
In Wednesday's instalment, he goes to Lunenburg, N.S., where he and a local chef go on a fishing expedition that yields mussels, lobster, scallops and a whopping 150-pound halibut.

"The more natural the better it is, and the old-fashioned ... ways are always the best," Capra said in a recent phone interview.

"That's exactly what I've always been about and that's why my food isn't complicated. I call it 'rustic elegance.'

"I want (clients) to taste the thing that they order. I don't want them to have this weird experience where peas are not real peas but they're actually, I don't know, pureed dust with powder on top and mixed with some chemical that turns them into little spheres that look like peas, taste like peas but are not peas at all."

HANDOUT



Canadian celebrity chef Massimo Capra says that the more natural food is, the better.

Capra's culinary chops and amiable nature have made him a beloved TV personality. He has a regular spot on Citytv's daytime talk show Cityline and was on the Food Network series Restaurant Makeover.

He also has two restaurants in Toronto — Mistura and Sopra — and is a national column writer and author of two cookbooks.

Capra fell in love with cooking as a child helping out in his mother's kitchen in Cremona, Italy, where he plans to travel later this month to tape an episode for Gourmet Escapes.

He grew up on a farm there until age 14, eating only what was grown or raised by his family, and never wasting leftovers.

"Every Saturday my mother would go into the chicken coop and pick a victim and pet the chicken a little bit and yank the neck and that's it, you know what I mean? And it's done," said Capra.

"You cook it and you eat it and on Sunday, you have a beautiful meal and then you eat the leftovers for the next three days. And amongst that you try to eat as much vegetables and grains as possible.

"So it wasn't meat every single day or twice or three times a day. It wasn't bacon in the morning, burger at lunch and steak at dinner. It was never like that."

"If you train yourself to eat local and in-season, it's the best thing you can do for yourself and for your own environment"
CHEF MASSIMO CAPRA

Capra has maintained that sensibility throughout his culinary career, cooking with local, in-season ingredients wherever possible.

"Can you get any better nutrients than local and in-season? I don't think that you can," he said, noting some of his clients sometimes don't understand why they can't order fresh fruit at his restaurants in the middle of winter.

"We want to have our strawberries and our raspberries all through the year, right? We're not supposed to. You don't get anything out of those strawberries and raspberries because they are not flavoured. On occasion, yeah, bring them in, by all means — we still need our lemons, we still need our accoutrements in the kitchen.

"But if you train yourself to eat local and in-season, it's the best thing you can do for yourself and for your own environment."
THE CANADIAN PRESS

2 scene

Scene in brief

Oscar-winning filmmaker Paul Haggis is joining the Canadian Film Centre to help up-and-coming moviemakers. The CFC announced yesterday that Haggis will serve as chair of the centre's film programs. It's expected he'll deliver one master class each year and will help the centre promote greater international awareness of its movie programs.
THE CANADIAN PRESS

Gaga dress and prop gun and Mick Jagger costume among U.S. rock auction items

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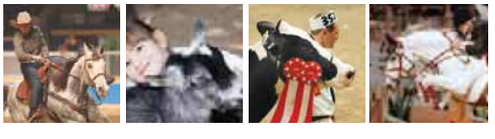

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Cave of Forgotten Dreams

Genre: Documentary
Director: Werner Herzog
Stars: Werner Herzog, Dominique Baffier, Jean Clottes

In Cave of Forgotten Dreams, filmmaker Werner Herzog is moved almost to poetry as he contemplates drawings made 32,000 years ago in the Chauvet Cave in southern France. The acclaimed documentarian extols the 1994 finding of the cave drawings as "one of the greatest discoveries in the history of human culture."

A rockslide in the Ardèche River valley some 25,000 years ago sealed the cave, leaving a natural time capsule that, when finally opened, yielded a cache of charcoal drawings that seemed to have been sketched mere days before.

These ancient artists sketched images of the horses, bears, bison, lions and rhinos that used to roam France.

"Do they dream?" the awed Herzog asks via voiceover of his Paleolithic subjects. "Do they cry at night? What are their hopes?"

Entry to the cave is strictly limited, but Herzog's renown was sufficient to persuade France's Ministry of Culture to allow him unique access.

The team members make excellent use of their privileged entry. The overall effect, aided by Ernst Reijseger's score of rising choral harmonies and lush strings, is one of rapture and magic that will leave the viewer dreaming.

Extras include a Q&A with Herzog.

PETER HOWELL

Page Eight

Genre: Mystery
Director: David Hare

Stars: Bill Nighy, Rachel Weisz, Tom Hughes

Page Eight is an absorbing British thriller, exploring timely and believable themes that aren't the preserve of most such movies — which may explain why it's going straight to DVD following its TIFF gala debut in September.

Written and directed by David Hare, the pen behind The Hours and The Reader, it stars the inimitable Bill Nighy as veteran spy Johnny Worricker, who works for Britain's security service, MI5. Johnny's best friend, Benedict Baron (Michael Gambon), also his boss, is head of MI5's intelligence analysis division, the keeper of explosive secrets.

One such intrigue concerns a mysterious file containing information about U.K. involvement in torture prisons, which the government officially disavows all knowledge of. The file is so inflammatory that it threatens the very existence of the MI5, not to mention the job of the Prime Minister (Ralph Fiennes).

Meanwhile, Johnny has a seemingly chance encounter with his striking neighbour, Nancy Pierpan (Rachel Weisz), who is obsessed with finding out what happened to her brother, who, we are told, was killed by Israeli forces in the Occupied Territories.

Truth is the first casualty of Page Eight's tangled webs; Worricker's career (or worse) could be next.

Rounding out the sterling cast of characters are Judy Davis as Johnny's aggressive, scheming MI5 colleague, and Felicity Jones as his daughter, Julianne.

Extras include cast and crew interviews.

PETER HOWELL

Show may be over for Ebert

Famed film critic Roger Ebert is telling his readers that he may have to cancel his television show Ebert Presents: At the Movies unless someone steps up and helps him and his wife pay for it.

The Pulitzer Prize-winning film critic wrote on his blog Sunday night that after an initial contribution of $25,000 from Kanbar Charitable Trust, he and Chaz Ebert have been paying virtually all the bills for the show, which began airing on public television in January.

Ebert said he has been pleased with the program, which is hosted by Associated Press movie reviewer Christy Lemire and Mubi.com film critic Ignatiy Vishnevetsky.

But after months of paying for everything from screen tests to interns to lunch on taping days, "We can't afford to support the show any longer," wrote Ebert, who can no longer speak after cancer surgery.

Ebert wrote that he had hoped foundations and others would step forward to underwrite the show, but that nobody has. And now, he wrote, American Public Television is asking him whether the show will be back next season, and he has to have an answer by the end of this month.

He wrote that Chaz Ebert, the executive producer, will continue to seek funding for the show.

THE ASSOCIATED PRESS

Ebert Presents: At the Movies

- The weekly program debuted in January
- It is distributed via American Public Television
- The program is produced in Chicago at WTTW, where Gene Siskel and Roger Ebert began taping Sneak Previews

GETTY IMAGES

▶ Film critic Roger Ebert may have to cancel his show Ebert Presents: At The Movies unless he finds funding for it.

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THIS SEASON, THERE ARE TWO WAYS TO GET A TABLET ON US.

Raising Hope springs eternal

Carpe Diem mindset of show's crew responsible for increasingly wild narrative **Character back stories explored**

PAT HEALY
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METRO WORLD NEWS IN BOSTON

The writers of Raising Hope come up with such reckless back stories (mild mannered main character Jimmy Chance's angry goth phase, his father's decision to fake a kidnapping to go live in a Winnebago with a stranger, etc.) it almost seems as though they are constantly thinking the show is about to be canceled.

But creator and executive producer Greg Garcia says the moment that they found out they were renewed for a second season was actually when they started taking these wild liberties.

"If anything," says Garcia, "it was more like, 'Hey, we're green lit for a second season. Let's do something and get crazy with this!'"

HANDOUT

▶ Raising Hope stars Lucas Neff as a single parent to an infant after the motherhe had a one-night stand with ends up on death row.

It's not like the show began with the most regular premise — Jimmy, a 23-year-old grocery store employee has a one-night stand with a serial killer, gets her pregnant, and has to raise their daughter after she is executed.

Meanwhile, Jimmy still lives at home with his senile great grandmother and his parents, who are only about 15 years older than he is. But Garcia and company took it a few steps further.

"I think just toward the end of the season, we — the writers and I — sat down and thought about what would be a good season ender," he says, "and then we came up with all those people's back story and stuff. It was just fun and we knew what we had done during the year, so we knew what we kind of had to stick true to as far as the reality of things."

This season has seen similar bold back story choices. In the premiere, Jimmy learns from an old home video that he was a child prodigy.

As he tries to reclaim his talent, he can't match the younger version of himself, played hilariously by YouTube prodigy Greyson Chance, who not only had the same last name as the characters, but who also looks a lot like Lucas Neff, who plays Jimmy.

"His YouTube videos blew my mind along with all of the other teen girls out there," says Neff.

Raising Hope airs Tuesday nights on Citytv.

Coming up...

Next week's episode follows along with the show's newfound tradition of unexpected guest stars adding to the back story.

▶ As the Chance family gets a last-minute visit from Jimmy's wealthy paternal grandparents, played by none other than The Six Million Dollar Man and Mrs. Partridge, Lee Majors and Shirley Jones, respectively.

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MIXED UP IMMORTALS

Anagram

IMMORTALS is coming November 11, featuring lots of Greek gods, heroes and villains. Following is a list of the cast members, with the parts they play. There's a catch, though, as we've SCRAMBLED the letters that give their roles. It's up to you to unscramble them to spell the names of the 12 IMMORTALS characters. We've given you the first one to get you started... Luke Evans is SUEZ or ZEUS

- Henry Cavill is SEE THUS or ☐☐☐☐☐☐☐
- Isabel Lucas is AT A HEN or ☐☐☐☐☐☐
- Steve Byers is LEACHERS or ☐☐☐☐☐☐☐☐
- Freida Pinto is HARD APE or ☐☐☐☐☐☐☐
- Joseph Morgan is SLY ANDRE or ☐☐☐☐☐☐☐☐
- Corey Sevier is LA LOOP or ☐☐☐☐☐☐
- Kellan Lutz is POISONED or ☐☐☐☐☐☐☐☐
- Stephen Dorff is VS ASTRO or ☐☐☐☐☐☐☐
- Stephen McHattie is SNARES CAD or ☐☐☐☐☐☐☐☐☐
- Mickey Rourke is PHONY IRE or ☐☐☐☐☐☐☐☐
- Robert Maillet is MAIN TOUR or ☐☐☐☐☐☐☐☐

Solutions: (left – right) THESEUS, PHAEDRA, POSEIDON, HYPERION, ATHENA, LYSANDER, STAVROS, MINOTAUR, HERACLES, APOLLO and CASSANDER

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THIS SEASON, THERE ARE TWO

Calm after the Fallout

Patrick Stump goes for R&B sound during FOB hiatus Says he's still interested in the band

MATT SAYLES/THE ASSOCIATED PRESS

▶ Patrick Stump's original band, Fall Out Boy, has been on a break for two years.

Patrick Stump is still having a hard time getting people to understand what he's trying to accomplish with his solo effort, Soul Punk.

Though the album is upbeat and dance-filled — miles away from the emo-rock music he made with Fall Out Boy — he says he wasn't trying to jump on the club-centric groove that pop music is focused on these days.

Instead, he sees his first full solo effort as an R&B record in the vein of Prince or Michael Jackson, his childhood inspirations.

"If it sounds like modern dance music, I think it's by coincidence," said Stump late last month.

The frontman for Fall Out Boy says some people couldn't comprehend his artistic vision; that's one reason why there are no collaborators on the record (though Lupe Fiasco is on the remix for This City).

"(It's) an ongoing thing," said Stump, who is on a nationwide tour. "A lot of people still ask me to play Fall Out Boy at these shows, and I'm like, 'But the rest of the music is so different, I don't know (if) that would fit in.' And then I also think it would be really disrespectful to the band to go out and play their songs without them."

Stump insists the platinum-selling band hasn't broken up, but adds: "I'm not sure everyone is into it right now. I'm in, but I haven't heard from anybody.

THE ASSOCIATED PRESS

Jackson family reacts

NICK UT/THE ASSOCIATED P

▶ Michael Jackson's parents Joe and Katherine Jackson arrive at the Criminal Justice Center in downtown Los Angeles yesterday.

Michael Jackson's sister says she's overjoyed that a jury convicted the pop star's doctor of involuntary manslaughter.

La Toya Jackson spoke to an Associated Press reporter on the way out of the courtroom saying, "Michael was looking over us."

Jackson's mother, Katherine Jackson, says she was confident this would be the outcome of the trial.

Members of the family wept quietly after the guilty verdict was read. Dr. Conrad Murray was handcuffed and taken into custody.

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WAYS TO GET A TABLET ON US.

Jackson's doctor convicted

Guilty verdict in involuntary manslaughter trial for deceased pop star **Doctor faces up to four years in prison**

KEVORK DJANSEZIAN, POOL/THE ASSOCIATED PRESS

▶ Dr. Conrad Murray stands with defence attorneys during his highly publicized six-week trial.

Michael Jackson's doctor was convicted yesterday of involuntary manslaughter after a trial that painted him as a reckless caregiver who administered a lethal dose of a powerful anesthetic that killed the pop star.

The verdict against Dr. Conrad Murray marked the latest chapter in one of pop culture's most shocking tragedies — the death of the King of Pop on the eve of the singer's heavily promoted comeback concerts.

The jury deliberated less than nine hours. The Houston cardiologist, 58, faces a sentence of up to four years in prison. He could also lose his medical license.

Jackson died on June 25, 2009, and details of his final days dribbled out over several months.

The complete story, however, finally emerged during the six-week trial. It was the tale of a tormented genius on the brink of what might have been his greatest triumph with one impediment standing in his way — extreme insomnia.

Testimony came from medical experts, household employees and Murray's former girlfriends, among others.

Throughout the trial, Jackson family members watched from the spectator gallery, fans gathered outside with signs and T-shirts demanding, "Justice for Michael," and an international press corps broadcast reports around the world. The trial was televised and streamed on the Internet.

Prosecutors portrayed Murray as an incompetent doctor who used the anesthetic propofol without adequate safeguards and whose neglect left Jackson abandoned as he lay dying.

Murray's lawyers sought to show the doctor was a medical angel with former patients vouching for his skills. Murray told police from the outset that he gave Jackson propofol and other sedatives as the star struggled for sleep to prepare for his shows. But the doctor said he administered only a small dose on the day Jackson died.

Lawyers for Murray and a defence expert blamed Jackson for his own death, saying the singer gave himself the fatal dose of propofol while Murray wasn't watching. A prosecution expert said that theory was crazy.

Murray said he had formed a close friendship with Jackson, never meant to harm him and couldn't explain why he died.

THE ASSOCIATED PRESS

Jackson's final day

- During the last 24 hours of his life, Jackson sang and danced at a spirited rehearsal, which was followed by a night of insomnia.
- Testimony showed Murray gave Jackson intravenous doses of the sedatives lorazepam and midazolam that night. Jackson also took a Valium pill. But nothing seemed to bring sleep.
- Finally, Murray told police, he gave the singer a small dose of propofol — 25 milligrams — that seemed to put him to sleep. The doctor said he felt it was safe to leave his patient's bedside for a few minutes, but Jackson was not breathing when he returned.
- Witnesses said he was most likely dead at that point.

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Is there a bun in the royal oven?

▶ Kate Middleton has been called out for playing with her hair too much. But now it seems all eyes are on her stomach.

Duchess of Cambridge can't seem to keep her hands off her belly

It seems Kate Middleton can't make a move without sparking pregnancy rumours.

First, while visiting a UNICEF facility in Copenhagen, the Duchess of Cambridge declined to eat peanut paste, a food expectant mothers are usually advised to avoid.

And then her body language later in the visit only prompted further speculation.

"It was very odd," a source tells the Daily Mail.

"Kate would not stop touching her tummy — it was very noticeable. She continually patted it and held her hands against it.

She must have been doing it without realizing, and at one point she had both her hands cradling her stomach."

"It was very odd. Kate would not stop touching her tummy — it was very noticeable."

SOURCE

METRO

BIEBS TO TAKE PATERNITY TEST

ALL PHOTOS GETTY IMAGES

▶ Justin Bieber

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Justin Bieber is putting the kibosh on Mariah Yeater's paternity suit filed in San Diego Superior Court last week. A source confirmed to Access Hollywood that Bieber is going to take a DNA test when he returns from Europe, where he is attending the MTV Europe Music Awards with girlfriend Selena Gomez.

Yeater claims she became pregnant after an encounter in a bathroom with Bieber after a concert last year. The star "went from cute and gushy to just … more aggressive," says Yeater in an exclusive interview with The Insider about their alleged 30 seconds of unprotected sex, which claims resulted in the birth of her son.

Bieber has denied the claims, telling the Today show recently that he's "never met the woman."

He's not stopping at proving his innocence, either: Once the test comes back vindicating the Canadian pop star, his team plans to hit Yeater with a hefty lawsuit "to show there are consequences when somebody trumps up phony, hurtful allegations against a celebrity," a source says.

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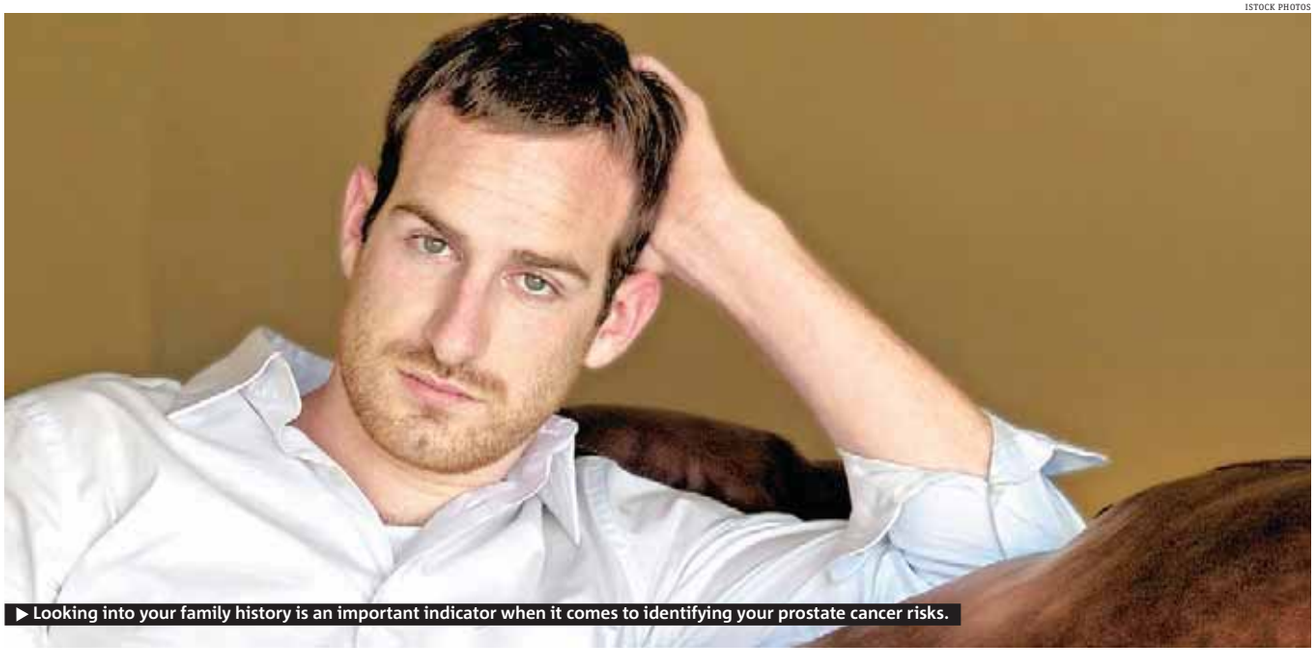

▶ Looking into your family history is an important indicator when it comes to identifying your prostate cancer risks.

The Mo(re) you know the better

If you see lots of hairy men around the city this month, don't be alarmed They're sprouting moustaches to raise awareness and funds for research into prostate cancer "Mo Bros" are on a mission to educate

PAULINE ANDERSON
LIFE@METRONEWS.CA

The statistics are disturbing. According to one survey, fewer than half of Canadian men see their doctor on a regular basis. The study also found that almost one in four men haven't had a medical check up in at least five years. All indications are that men wait until their symptoms are severe before seeking medical attention.

Whereas women are "conditioned" from an early age to see their doctor for an annual PAP test, which gives them an opportunity to review their overall health, guys just don't develop this habit, says Dr. Jonathan Kerr, a family doctor in Belleville, Ont.

"Young healthy guys between the ages of 15 and 35 years typically don't see the doctor, which breeds unfamiliarity and even discomfort at the idea of seeing a doctor," says Kerr. He adds that young men often don't see a doctor until they're "sick or have broken something."

It could be that men are averse to feeling vulnerable, or to putting themselves in someone else's care, says Dr. Mel Borins, a Toronto family physician. However, Borins thinks that men's brains are also actually "hard wired" to protect their children and spouse rather than themselves.

Finding the time to see the doctor is another barrier for busy men. But an annual physical exam takes only about 20 minutes, and is an important time to review a man's health history.

Movember

To get involved, register at movember.com.

Research Funds raised this month go to research into prostate cancer and to services for men living with this disease and their families, says Rebecca von Goetz, executive vice-president of Prostate Cancer Canada. Her organization is also launching a 1-800 number to offer tools to these men, including information on where to find a support group in their area.

$22M

Starting in Australia, the Movember movement is celebrating its fifth year in Canada. Last year, almost 119,000 Canadian "Mo Bros" and their supporters raised more than $22 million.

3 life

Prostate cancer

Prostate cancer is the most common type of cancer among Canadian men (after non-melanoma skin cancer). In 2011, an estimated 25,500 Canadian men will be diagnosed with prostate cancer, and 4,100 will die of the disease. One in seven men will develop prostate cancer in his life.

PAULINE ANDERSON

Nearly half of students in Grades 7-12 targeted by sexual harassment: U.S. study

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Got stash? Get it just right

Are you a pheromone-oozing stud? Wild man? High-maintenance? What your facial follicles say about you

Whether you're getting in the spirit of Movember, sporting an early playoff beard or looking for a natural face warmer to help get you through the winter, we've got the roadmap to five follicular style statements any grown-up guy can pull off.

Warning to facial-hair-growing hopefuls, you will like need to be past puberty to try these 'stash styling, beard-brandishing, too-cool-for school five o'clock shadow looks at home.

Otherwise, with Movember in fullswing, it's the season that offers the perfect excuse to unleash your inner Tom Selleck, Colin Farrell or ZZ Top wild side and let it all grow out.

MIKE DOJC

Sideburns

What the look says: If you're still taking style cues from Union Army General Ambrose Burnside, you may be too re-enactment retro, but coifed thinner burns add a slimming dimension to your face.
Upkeep: Use your razor to ensure 'burns don't go beyond your desired borders, or have your barber take care of them if you go frequently.

Full beard

What the look says: You are a rugged individualist, proud of your carefully cultivated yet uncompromising masculinity. Either that, or you've decided to cut back on your grooming budget.
Upkeep: Periodic trimming here and there to help define its shape, your neckline, and prevent your growth from reaching Z.Z. Top level proportions.

Goatee

What the look says: Whether you're talking a tuft of jaw-line tracing chin grizzle or merely a soul patch beneath your bottom lip, the image is decidedly hipster.
Upkeep: The Paris Hilton of facial hairstyles, goatees requires frequent preening sessions to maintain so that they don't get too scraggly unless a devilishly long thicket is what you're going for.

Shadow

What the look says: You ooze pheromones. The perfectly cropped thin blanket of stubble is a siren call that awakens the libidos in scores of women.
Upkeep: Pulling off a dark silhouette takes practice, but once you figure out how quickly your facial hair grows, you can perfect the timing between shaves to achieve a cool, happy-hour vibe.

Moustache

What the look says: You're a straight talking, wood whittling steak eater with a firm handshake that gives it 100 per cent because 110 per cent is impossible and only idiots recommend that.
Upkeep: Invest in a sharp pair of scissors and a moustache comb to keep your mouth sweater tamed and crumb free.

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Remember to 'shave' face

Just as a vertically striped ensemble can have a flattering svelte effect on one's physique, so can facial hairstyles.
With some helpful guidance from Dr. Allan Peterkin, the author of 1000 Beards and co-author of The Bearded Gentleman: The Style Guide to Shaving Face, here are some top pointers for achieving face/whisker harmony.

Double Chin:
A squared-off goatee with shorter whiskers on the cheeks and longer ones on the chin will add balance. Sideburns and stubble can complement a fuller face.

Egghead:
Punch up your cheeks with some bushy beard cover to round them out and add width.

Square jaw:
You hit the genetic lottery. Just about any chosen hirsute whim will look great on you.

Bald:
Actor Jason Statham's hair-free head combined with finely kempt stubble is a good one.

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Prostate news you can use

Big strides are being made to battle prostate cancer ... think robotic arms!

PAULINE ANDERSON
LIFE@METRONEWS.CA

MICHAEL STUPARYK/TORONTO STAR

▶ Dr. Ken Pace (right) prepares for prostate cancer robotic surgery at St. Mikes Hospital.

Prostate cancer can be detected early with a PSA test (a blood test that measures levels of prostate-specific antigen) and a digital rectal exam (DRE).

Researchers are making headway in improving prostate cancer detection tools and in perfecting treatment approaches. Here are some areas they're looking into.

Genetic contribution

The Canadian Prostate Cancer Genome Network brings together researchers from across the country to sequence the DNA in different tumor types.

Thanks to this $20 million genetic mapping project, treatment decisions could eventually be based on personal genetics.

To treat or not to treat

The idea of closely watching some patients and treating them only if and when necessary is taking hold in Canada, says Dr. Joseph Chin, professor and chair in the division of surgical oncology at the University of Western Ontario in London.

Nomograms

Dr. Robert Nam, a Canadian Cancer Society researcher at McGill University, has developed a new tool that may more accurately calculate the risk of prostate cancer.

It relies on age, ethnicity, family history, prostate size, and overall health, as well as the standard PSA and DRE test results.

Serial PSA testing

If PSA level increases quickly, it may indicate cancer, so checking levels repeatedly may pick up the rise earlier.

Improved imaging

MRIs "are stronger, better and more powerful" than ever and are able to more precisely tell doctors where to biopsy, says Chin.

Diet and lifestyle

Research indicates that a high-fat diet may raise risks for prostate cancer.

High-fat meats that are charred or cooked at high temperatures, and preserved meats like bacon and deli meats, could pose the highest risk.

New test

Canadian researchers have helped develop the PCA3, a molecular urine test that could help identify more aggressive prostate cancers.

Improved surgery

Canadian Cancer Society researchers are looking at implanting tiny radioactive seeds in a prostate tumor.

It may be a more precise way of treating patients while reducing side effects.

Robotic-assisted surgery

This procedure is growing in popularity.

It's not for every patient — it depends on the size of patient, the location and extent of the cancer and how aggressive it is.

Focal therapy

Researchers in London and Toronto are collaborating to improve detection and treatment of localized prostate cancers.

"The prostate is the size of a walnut and if we can somehow confirm that the cancer is not affecting the whole walnut but is confined to a pea-sized area within that walnut, then we might be able to just treat the pea," explains Chin.

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ISTOCK PHOTO

As if green tea's disease-fighting capabilities weren't enough, evidence suggests that it may promote weight loss.

Green Tea 101 The healing powers of green tea have been valued in Asia for thousands of years.

Black tea also has health benefits, but the powerful healing agents called catechins may be altered in black tea during processing.

Catechins, a class of flavonoids with antioxidant properties, are also responsible for tea's soothing flavour and aroma.

Disease fighter A catechin compound called EGCG is believed to have the ability to fight cancer at all stages, in three big ways.

It's purported to have the antioxidant power to seek out and destroy harmful free radicals. EGCG is thought to be able to inhibit an enzyme needed for the growth of cancer cells.

It's believed to have the capacity to induce death of cancer cells without harming the healthy cells.

Fat fighter As if green tea's disease-fighting capabilities weren't enough, evidence suggests that it may promote weight loss.

Though the amount you need to drink to achieve this hasn't been specified, researchers suggest that long-term consumption of green tea may decrease the incidence of obesity.

How much caffeine? Tea leaves actually contain twice as much caffeine by weight as coffee beans do. But when measured by volume, tea has only half as much caffeine as coffee, because tea is drunk weaker and coffee is more completely extracted from the grounds.

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Thoughts on Dreams

JUST DO IT. You can spend your days dreaming about your dreams or you can do the work of taking your dreams to the world. You can sit around and procrastinate, play the what if game and spend your days fantasizing about the future.

Don't dream of being a writer — begin writing. Don't dream about being an entrepreneur — launch something (even something small). Don't dream of working abroad — go. When dreams and action meet, life takes on a whole new dimension and depth. Anything less is a cheap imitation of the life you were meant to live. Stop dreaming and start doing.

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Drool-worthy eats at Lee Chen

This Asian restaurant in the heart of downtown serves up delicious choices that don't make it onto most menus Here are our must-try dishes

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

Yonge and-Bloor is festooned with fast-food joints and casual spots, but not many I would deem "exciting."

Lee Chen Asian Diner is changing all that by offering traditional Shanghai dim sum and other intriguing dishes that don't make it onto most menus.

Here are three to die for:

1. Xiao Long Bao ($5.99)
These soup dumplings are made and steamed to order. The delicate pork filling and broth inside an almost translucent wrapping is a culinary experience not to be missed.

2. Crystal Pork Stew ($10.99)
Another captivating delicacy, cubed pork (complete with fatty top) is slow cooked with rock sugar and soy sauce in the Zhejiang tradition. It creates soft meat that is simultaneously sweet and salty.

3. Wuxi Spareribs ($11.99)
These are braised with a ginger and soy concoction until they become sticky and tender. This tantalizing one-dish meal comes with crisp vegetables and tons of steamed rice.

Lee Chen Asian Diner
832 Yonge St. (near Bloor)
416-792-8869
leechendiner.ca
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Licensed: Yes
Social lunch: Yes
Co-worker lunch: Yes
Rating: 5 out of 5

STEPHANIE DICKISON

▶ Wuxi Spareribs ($11.99).

THE CANADIAN PRESS H/O

Personal Naan Pizza

Looking to order take-out pizza again tonight?

Try something different like this Tuna Basil Pizza made with naan bread. It's tasty and has less calories than the take-out version.

If naan isn't to your liking, try using Greek pita bread as an alternative.

Preparation:

1. Place naan on a flat surface and spread pizza sauce over top of bread. Sprinkle with cheese and tuna and top with black olives.
2. Place under preheated broiler for 3 minutes or until naan is crisp. Serve immediately.

EMILY RICHARDS/ CLOVER LEAF/ THE CANADIAN PRESS

Ingredients:

- 2 pieces (each 100 g) naan bread (200 g pkg)
- 125 ml (1/2 cup) pizza sauce
- 125 ml (1/2 cup) goat cheese
- 2 cans (each 85 g) flaked light tuna (sun-dried tomato and basil)
- 125 ml (1/2 cup) black olives, sliced

HOLIDAY BUDGETING

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Does holiday spending make you sweat? Don't fret — take 10 minutes and prepare a holiday budget.

Take five minutes to write down who you need to buy for and approximately how much you'd like to spend per person. Add it up.

If you're like the majority of Canadian households, your shopping list amounts to around $1,000. Yikes!

Money is tight these days! So, take five more minutes and determine ways to cut back on your overall expenses.

Reduce the number of presents. Rather than buying individual presents for each niece and nephew, purchase a gift for the whole family like a board game or passes to see a movie. Better yet, draw names for a family gift exchange; one present per person and limit the dollar value. Scrap gifts for colleagues and bake treats instead. Reduce the amount you spend per gift. Buy presents in bulk from discount or wholesale stores.

Make handmade crafts or baked gifts. Shop in advance and spread out your purchases. Monitor online coupon sites like Groupon. Scale down your purchase; buy a smaller set of wine glasses or ½ carat diamond versus a full carat.

Don't forget to budget for meals and entertainment. Rather than preparing a holiday dinner on your own dime, host a potluck dinner instead. Use coupons and don't overbuy; a smaller turkey and veggie dishes are more than sufficient. Plan inexpensive winter activities like tobogganing, skating and viewing Christmas displays.

Once you've pared back your shopping list, tuck it in a safe place. Refer to it often to keep your spending on track.

The holidays are about spending meaningful time with friends and family. Your thoughts and intensions are what count; not how much you spend.

Youth bailout package?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

A September 2011 study by the BC Securities Commission has exposed an impending head-on collision that I've been warning about for years. The financial expectations of Canada's youth are on track to smash into their ever-diminishing financial reality.

The securities commission study surveyed over three thousand 17- to 20-year-olds across Canada.

They found that their expectations for the future were vastly different from current reality or what is most probably in the future.

Survey respondents expected to earn, on average, more than $90,000 in 10 years time. Unfortunately, 25- to 30-year-olds with post-secondary degrees are now only averaging $31,640.

"The young are heading for financial disaster if we don't take action."
-ALISON'S MONEY RULE

These figures become even more ominous in the context of a recent Statistics Canada study showing that wages of those 20 to 34, across all levels of education, declined significantly in the 1980s and the trend has continued to present day, though at a lesser pace.

Now factor in unemployment for youth, which hovers in the 14 per cent range compared to the national rate of just over seven per cent, and the picture gets pretty bleak.

Adding menace to these statistics, over half of the 17- to 20-year-olds are already carrying an average of $8,000 in debt from credit cards, lines of credit, student loans and family borrowing.

By the time they graduate, according to a 2010 Vanier Institute of the Family Study, that amount will have swollen to $18,000 not including family debt or lines of credit.

ISTOCK

▶ Many young people are in debt and job-insecure.

And what about those debts? Almost half say they are setting aside money and will "definitely" or "very likely" have them paid off in five years, while 25 per cent are doing nothing.

How likely is that these debts will be paid off in five years? Not likely based on a September 2009 survey by the Canadian Payroll Association, where two-thirds of Canadians 18 to 34 reported they would be in trouble if their paycheque was delayed by only one week.

We simply can't afford to let a generation fail.

We must make every effort to reduce youth unemployment and help them avoid or pay down debt, particularly student loans.

Since it is financial literacy month this isn't only a good goal, but also an essential one.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

WE ALL NEED HELP SOMETIMES

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

ISTOCK

Last week I had an experience that I absolutely want to share with all of you.

I was scheduled to deliver an important speech to the executives of several very prominent hotels here in Shanghai. As I arrived at the hotel I struggled to get out of the very small taxi. In my struggles, all of a sudden I heard (much to my horror) a huge rip. Yes, my pant crotch, from front to back, was wide open and everyone outside of the car was exposed to my Calvin Klein's.

A true wardrobe malfunction was in full swing. So what to do? I did not have enough time to go back to my hotel to change and I could not stay like this to deliver my speech. So, stuck in the back of the taxi feeling very embarrassed and awkward, I asked my host, Ms. Catherine, who had just experienced this display, if she had someone at the hotel who could sew my pants in an emergency.

And this is the part that's so fabulous. Ms. Catherine, a senior hotel vice president who was meeting me, calmly said, "Oh Mr. MacPherson don't worry, this is not the first time this has ever happened. Please follow me to a private area and we will call the seamstress right away."

And then while walking together she graciously said without missing a step, "While we wait for the seamstress can I order a coffee or tea for you?"

You can all imagine how embarrassed I was. But Ms. Catherine, with good etiquette skills, made me feel very comfortable in such an awkward situation.

I was so lucky to have Ms. Catherine there. She put me at ease, didn't draw any unnecessary attention to me and we all got through it painlessly. But dear readers, I'm no fool. I'm sure when Ms. Catherine went home and repeated this story to her family at the dinner table they all roared with laughter — and that's OK because at the moment, the most important moment in time, Ms. Catherine made me feel calm and comfortable and for that I am eternally grateful, so thank you!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

GETTING BACK IN THE GAME

Dear sisters,
Do you have any advice on meeting new people? I'm a Chinese-born Canadian, living in Vancouver, and recently got out of a relationship several months ago. I just turned 26, and most of my friends' are already dating or married. I met my last girlfriend at a party through mutual friends.
I'm ready to get back to finding someone special in my life. I've tried a couple speed-dating venues in Vancouver, however I noticed the demographics for the events attract a slightly older crowd. Other than joining a sports club, such as my dodgeball team, I'm somewhat at a loss on where to go to put myself out there. To complicate things a bit, I work in law enforcement, which affects my schedule. This caused some friction in my previous relationship, but there were more serious factors that led to the break up.
Love life under arrest

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Andrea: Dear straight/employed/fit/moral guy,

I've made lifelong friendships and even had a date or two doing parkour and martial arts, but I didn't just play and go home. The activities involved one-on-one teaching, and gave me ample opportunities to make friends.

Try to broaden your horizons and pick venues that require you to talk to people. You can try a socially-oriented gym or league, go to a coffee shop regularly and befriend the staff, and take classes like acting or coaching where you learn by interacting. Best of luck!

Claire: Dear LLUA,

Is it wrong that I think you have an advantage over the many 20-something twits out there — you have a good job, you can spell, and you're ready to meet someone. Plus you come with handcuffs!

You're well ahead of the average guy right there. Still, I think you should listen to my wise 20-something sis: go do something fun — learn to rock climb, go to concerts, spend time doing things you like or think you might like, and hang out afterwards if you feel like it. At worst you'll learn a new skill, and at best you'll meet new people. Good luck, and please keep us posted!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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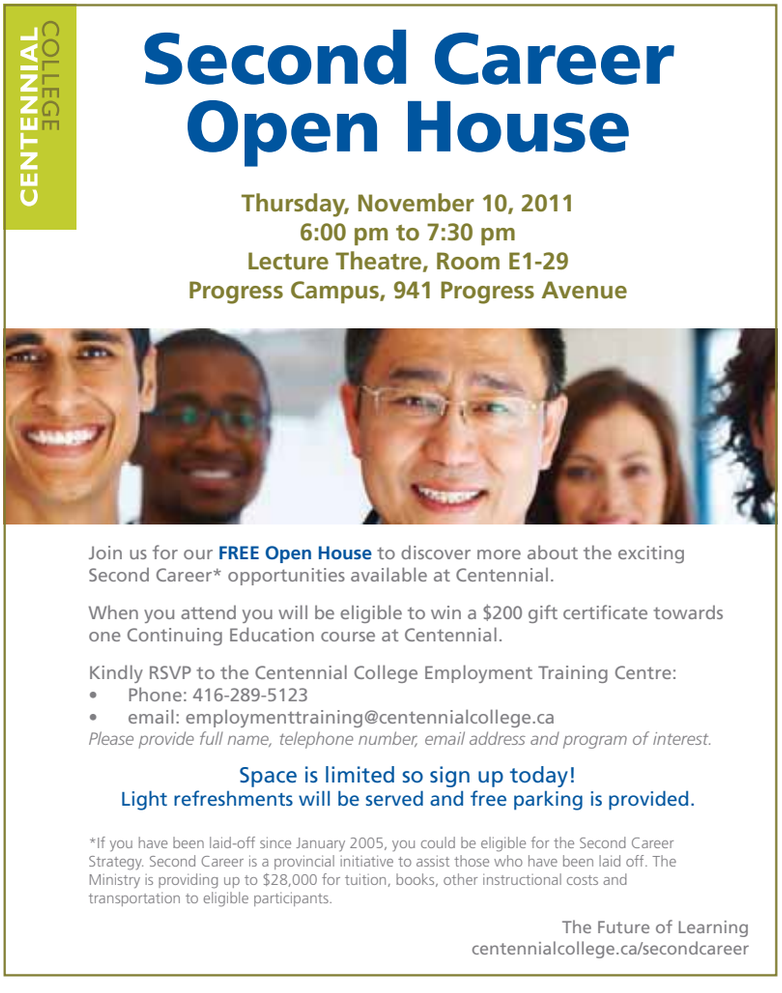
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Progress Campus, 941 Progress Avenue
Join us for our FREE Open House to discover more about the exciting Second Career* opportunities available at Centennial.
When you attend you will be eligible to win a $200 gift certificate towards one Continuing Education course at Centennial.
Kindly RSVP to the Centennial College Employment Training Centre:
• Phone: 416-289-5123
• email: employmenttraining@centennialcollege.ca
Please provide full name, telephone number, email address and program of interest.
Space is limited so sign up today!
Light refreshments will be served and free parking is provided.
*If you have been laid-off since January 2005, you could be eligible for the Second Career Strategy. Second Career is a provincial initiative to assist those who have been laid off. The Ministry is providing up to $28,000 for tuition, books, other instructional costs and transportation to eligible participants.
The Future of Learning
centennialcollege.ca/secondcareer

BEWARE OF THE WORKPLACE RECRUITER

You've got a voice on the line tempting you to wave goodbye to your workplace • Don't jump the boat too fast

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTOEMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

It sucks when bad things happen to good people. That is why I am relating the experience of my client below, hoping that her workplace scenario will not happen to you.

Happily employed for more than 17 years, my client received an unsolicited phone call from a headhunter encouraging her to interview for a more senior role at another company.

Following a series of interviews where all of the basic terms of the job were discussed, including salary, title and starting date, my client was offered the job. She then resigned from her current position.

However, as is often the case, the headhunter later forwarded an employment contract containing some language that had not been discussed.

This was the first problem. Unless an employment offer is made conditional upon signing a contract, it is too late to later send one, especially one with punitive terms.

Here, the contract contained a clause permitting either party to end the relationship with a minimum period of written notice.

However, since she was being recruited away from a long-term job, she needed at least a reasonable guarantee, which is the opposite of what she was being provided. When my client expressed her reluctance to simply sign off on the contract and instead asked to meet with a lawyer, the headhunter accused her of being difficult.

Even my client, a human resources neophyte, immediately realized that something had gone terribly wrong.

She tried to negotiate over the contract, but each time she was either cautioned that she was haggling over "minutiae" and told that the offer would be withdrawn or given what could only be described as legal advice about the contract that was possibly negligent or, at least, plainly wrong.

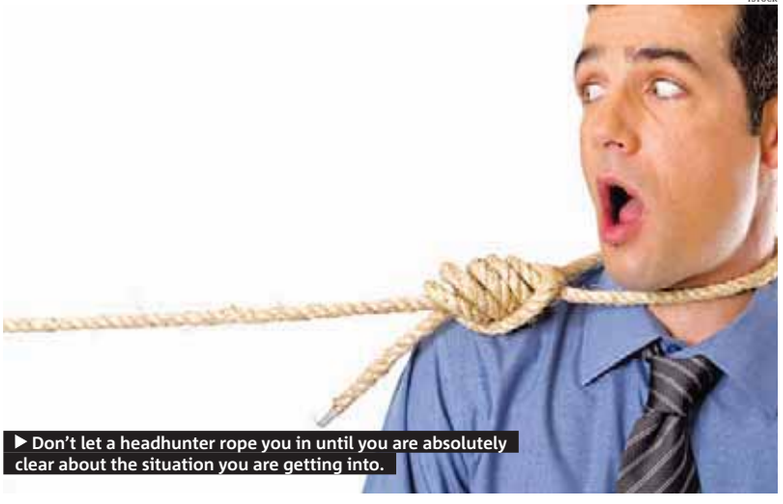
Worse, the headhunter proclaimed that she was being confrontational and that a lawyer was not required. That is when she finally called me.

Although her case is ongoing, there is at least one important lesson to be learned: Not all headhunters and recruiters are impartial advocates, so do not assume that they are always acting in your best interests.

Here, this individual would have said absolutely anything not to jeopardize his own commission — at the expense of my client's welfare.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

ISTOCK



▶ Don't let a headhunter rope you in until you are absolutely clear about the situation you are getting into.

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EASE THE BURDEN

BANANASTOCK/THINKSTOCK

SCHOLARSHIPS, BURSARIES CAN OFFER RELIEF FOR STUDENTS

If you are a high school student considering attending a university or college after graduation but are worried you won't be able to afford the expense of a three- or four-year undergraduate degree, possibly followed by graduate studies, you are not alone.

"Students are facing more financial barriers than ever before, thanks to high tuition fees, more student debt and less government funding than 30 years ago," says Roxanne Dubois, the chairperson of the Canadian Federation of Students.

With annual tuitions averaging $5,000, plus the cost of books and living expenses, it's no wonder that by the time students earn an undergraduate degree, they could be up to their ears in debt. The good news is there is some relief at hand. "Scholarships, bursaries and grants are sums of money designed to help pay tuition fees that students don't have to pay back," says Dubois. These "gifts" can run anywhere from $500 to covering full tuition costs.

Students can apply to the Canada Student Grants Program and the Canada Student Loans Program; each province has a similar financial-aid program. "You can apply for both as long as you meet the criteria," says Dubois.

Don't forget to check out the post-secondary institution you are either planning to attend or in which you are already enrolled. The school's website should have information about the annual scholarships, bursaries and grants it offers, or you can call the student financial aid office, students' union office or student services office for information.

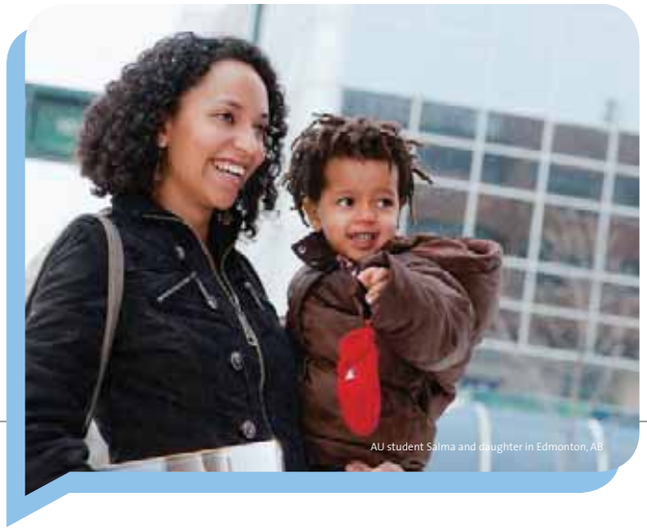
If you want to dig deeper, you can make some calls to local public agencies that might offer scholarships to certain special interest groups, such as women, francophones or First Nations peoples.

"While scholarships, bursaries and grants don't usually make much of a dent in the overall debt load unless someone is lucky enough to get one that pays full tuition, they do help ease the financial burden somewhat for those who receive them," says Dubois.

– Jane Doucet

GOVERNMENT PROGRAMS

The Canada Student Loans Program and the Canada Student Grants Program help by providing student financial assistance in the form of repayable loans and non-repayable grants to Canadians attending post-secondary education in most provinces and territories. For information about both programs, visit hrsdc.gc.ca/eng/learning/canada_student_loan/index.shtml.



AU student Salma and daughter in Edmonton, AB

FINDING THE RIGHT BALANCE

Losing her spot on the honour roll is the price Amy Pielaszek has to pay for working 30 hours per week as a drug store supervisor.

"It's stressful at times," says the 20-year-old Mohawk College student. "It's hard to balance everything. If I work the night before I have a test, I'm kind of screwed."

Results on a recent psychology test tumbled to 60 per cent from an earlier score of 92. She had to work the night before her test. "In high school I was on the honour roll, but this year it's debatable," she said.

Pielaszek isn't alone. A survey of professors and librarians at Ontario universities found that paid work during the school year could be hindering students' studies. As tuition fees and cost-of-living expenses continue to rise, students are looking for ways to offset escalating costs.

Post-secondary counsellors say there is a maximum number of hours a student should work to successfully manage a full course load. And many work beyond that.

At Calgary's Bow Valley College, that number is 20 hours. Besides offering counselling, time management and budgeting help, the school also has child-care and emergency bursaries that students can access to help balance their expenses.

Ottawa's Carleton University uses the 60-hour rule. If a student is taking 15 hours of classes per week and studying the recommended bare minimum of two hours for every hour of lecture, that totals 45 hours, leaving 15 hours left for paid work.

Students are often reluctant to reveal the number of hours they actually put in for fear they will be advised to quit their jobs, says Carleton's academic adviser Bryan Tinlin. In reality, the fix is in setting priorities.

"If you need to work to pay tuition, you need to reduce your course load," says Tinlin. "Some are willing to do it and some are not."

– Kelly Putter

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PAPER PULLING A DISAPPEARING ACT

SENECA COLLEGE GOING PAPERLESS

JUPITERIMAGES/POLKA DOT/THINKSTOCK

The Faculty of Continuing Education and Training at Seneca College is going paperless.

With the proliferation of hundreds of new mobile and handheld electronic devices on the market today, conventional paper books and documents are going online.

The move to paperless media has been accelerated by such enabling technologies as optical scanners, digital cameras and software like Adobe's Acrobat, which creates the now ubiquitous PDF files. Smaller and cheaper hard disk drives and flash memory devices mean whole libraries can be stored online, available for immediate retrieval. Highly mobile devices like Amazon's Kindle and Apple's iPad allow you to take an entire bookcase with you in your backpack. And, of course, the World Wide Web with its graphical browser interface has revolutionized the way we use human knowledge.

Since the doors opened at Seneca College in 1967, a part-time studies calendar has been produced and distributed throughout the GTA. The last calendar was 112 pages and delivered to 250,000 homes, libraries and businesses.

The Internet has changed the way we all do business. Many people bank, pay bills, look up phone numbers, and find everything from recipes to airline schedules online.

"Seventy per cent of our current students find information on our website and register online for classes" says Susan Savoie, dean of Seneca's Faculty of Education and Training.

"In keeping with the times, Seneca is moving ahead and beginning the process of going paperless. Rather than distributing printed copies of course information, we are directing current and prospective students to our website: senecacollege.ca/ce. This move is just in time for our registration opening on Nov. 14."

Seneca is planning to replace the mailed out calendar with a postcard directing students to its online website.

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JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

COSY WORLD OF TRENT U

STUDENTS ENJOY CLOSE CONTACT WITH FACULTY

For Hugh Elton, acting dean of Arts and Science (Humanities) and a professor of Ancient History and Classics, it was a moment that neatly sums up the Trent University experience.

"I was chatting with a new student one day and he told me he'd transferred from a large university in Toronto," he recalls. "He said this was the first time he'd ever actually had a conversation with a professor. I was flabbergasted."

The exchange speaks to one of the key advantages of Trent University: Close contact between students and faculty. Established in 1964, Trent University has an enrolment of 7,800 full- and part-time students, and an exceptionally low student-to-faculty ratio of 19 to 1.

Close contact with faculty was certainly one of the factors that convinced Ottawa's Dylan Hunt to choose Trent. "I had looked at other Ontario universities, but Trent's class sizes and natural setting really appealed to me."

The school's primary campus in Peterborough is one of the prettiest in Canada: More than 1,400 acres, much of it parkland, nestled along the shores of the Otonabee River. Although the setting is purely Canadian, the school is remarkably worldly. Approximately 700 students from abroad attend Trent University in any given year. In addition, the school's International Program enables Canadian students to spend part of the academic term abroad: Each year, approximately 140 study in some 39 countries.

Hunt is no exception. Now in his fourth year of the Bachelor of Business Administration program, Hunt served a three-month internship in Hong Kong, thanks to a Trent alumnus who runs a real estate firm in the former British colony.

DEBUT OF NEW COURSES

Trent University will offer several new degree programs starting in September 2012: Archaeology (BA or B.Sc.); Bachelor of Arts and Science (limited enrolment program); Journalism program in partnership with Loyalist College (BA or B.Sc.); Media Studies (BA); Sustainable Agriculture and Food Systems (BA or B.Sc.); and Trent's newly renovated Oshawa campus now offers a Bachelor of Business Administration.

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NAVIGATING THROUGH A CHANGING WORLD

WITH CENTENNIAL

CENTENNIAL COLLEGE PHOTO

New and emerging challenges have heightened the demand for emergency-management professionals with highly focused academic credentials and underscore the importance of inter-professional emergency preparedness, communications, response and recovery. As a response to these needs, Centennial College launched its Emergency Management and Public Safety Institute (EMPSI) earlier this year.

The EMPSI is committed to developing specialized training, as well as certificate and degree programs, intended for professionals involved in all facets of emergency management, public health and safety planning.

EMPSI manager Ginette Soulieres explains, "We engage our students through practical experience that builds self-reliance, knowledge and ability. We prepare them to manage and respond to scalable emergencies and crises, building their capacity for adaptive change."

Centennial is launching two initial courses of interest to individuals working in, or preparing for, careers related to emergency response and management.

The Basic Emergency Management System (BEM) is a provincial certification course that provides an overview of emergency management in Ontario. It's offered to individuals and personnel from all sectors, organizations and communities who play an active role in emergency management, public health and safety, and those who wish to augment their careers.

Basic Incident Management System (IMS 200) is a provincial certification course tailored for individuals involved in implementing IMS at low-level incidents or during the early phases of a complex emergency. Participants will solidify their knowledge of core principles and concepts of incident management functions and organizations.

Both courses are delivered separately over two intensive days in a classroom setting, and include an exam and provincial certification for each. The courses are scheduled over upcoming weekends this fall to accommodate working professionals.

"The world has changed and lessons learned in the recent past reveal the necessity for multidisciplinary, highly knowledgeable and trained personnel working together," says Soulieres.

Upon completion, you will receive provincial certification from Emergency Management Ontario.

For more, visit centennialcollege.ca/empsi/

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MEDIX WANTS YOU TO BE SUCCESSFUL

MEDIX SCHOOL PHOTO

For more than 35 years, Medix School has been a short-term training facility and private career college for those looking to become medical professionals. All instructors are qualified professionals; accomplished industry practitioners with a background in instruction.

A proud member of the Ontario Association of Career Colleges, Medix believes its ideal student is someone who wants to be successful. "The word 'committed' is a real moniker for us," says Ryan Anderson, director of admissions. "I'm very proud of the fact that our school has a sense of community and accomplishment and that we're goal-oriented towards our students."

The Career Services Department works with students right away, with workshops and resumé coaching to prepare them for the job market

"So not only are you job ready as far as the practical skills go, but you're also job ready as far as your soft skills go, and that's something that I think sets us apart," says Anderson. "The day the student starts school, they're looking towards their next career."

All Medix courses for November and December are offered at three GTA schools.

Medix is now enrolling in: Intra-Oral Dental Assistant (Levels I and II); Community Service Worker; Medical Office Assistant; Pharmacy Assistant; Medical General Laboratory Assistant.

GEORGE BROWN HELPING NEWCOMERS

FREE COURSES AID COMMUNICATION

George Brown College offers free occupation-specific language training courses that will teach you the language and workplace culture skills required to communicate effectively in your job.

The Accounting and Finance course focuses on the language and socio-cultural communication requirements of accounting and finance related occupations.

It addresses the language and communication skills needed to collect and share information with others; communicate using technology such as telephone and email; manage interactions with colleagues, clients and business associates; introduce oneself in work-related situations; undertake employment and work-related interviews; and network effectively.

Marloa Peña is an accountant who recently completed the course.

"I am a newcomer and I have just been here for seven months," he says. "Back home I used to work as an accountant. I have over 10 years of experience; five years as an auditor and five years as an accountant.

"So when I decided to move here, I got an immigrant visa as a skilled worker, so for that reason I got involved in this kind of course to really know how the business environment is here in my field. The program was very useful for me because the course covers a lot of topics related to interviews, resumés and also about presentation and business protocols."

PROVIDING SKILLS

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GEORGE BROWN COLLEGE PHOTO

LEADERSHIP HEAD START

GEORGE BROWN PREPS EARLY CHILDHOOD PROFESSIONALS

George Brown College offers a four-year degree program with the goal of preparing early childhood professionals with program leadership ability.

After graduating from the program, you will have a knowledge and practice base that can help you move into supervisory and director positions in a full range of early childhood programs as your career progresses.

This Early Childhood Leadership program prepares you to guide and lead curriculum in Ontario's early childhood settings such as child-care centres, nursery schools, family drop-in programs, family support programs, and early intervention services.

It also prepares you for positions such as Registered Early Childhood Educators, working in partnership with certified teachers in the new Full Day Early Learning programs that are replacing junior and senior kindergarten.

Patricia Chorney Rubin, chair of the Early Childhood Department says, "Part of the McGuinty government's focus on Best Start initiatives was to look at early childhood as a sector, and one of the findings was that there was indeed a leadership gap in the sector in terms of the early years.

"It would benefit the sector to have greater opportunities to study more in terms of degrees. There are clearly job opportunities in the early years sector and they will be occurring in Full Day Early Learning. Having a degree will certainly position you well for jobs as they become competitive."

The Early Childhood Leadership degree program is delivered in an applied learning environment. Case studies, demonstrations and practice opportunities are part of most of the courses.

Students have four field experiences, including a 14-week, full-time work internship.

"We see that people will probably land in one of three areas: Government municipal policy; people that are interested in research; and then there are people that really want to work with children and families in front-line areas," says Chorney Rubin.

PROGRAM LASTS 4 YEARS

The Early Childhood Leadership degree program focuses across the four years:

YEAR 1: Understanding Children, Early Childhood Programs and Foundation Professional Skills.

YEAR 2: Evidence-based Understanding and Curriculum and Infrastructure Design.

YEAR 3: Leadership for Quality Skills and Professional Specialization.

YEAR 4: Advanced Inquiry and Preparation for the Workforce.

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Courses are available at one or more of these GTA colleges.

* Candidates are permanent residents or protected persons who have intermediate-level English (CLB 6 to 8)

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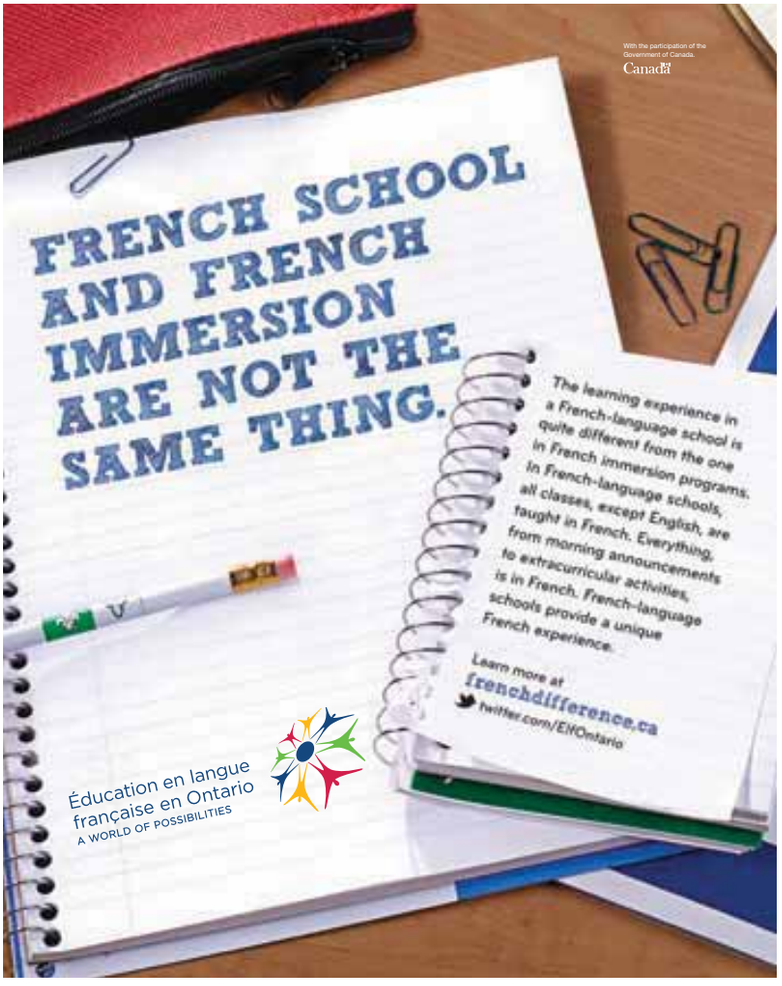
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RAISING THE BAR WITH A BRIDGE

INTERIOR DESIGNERS CAN TRANSITION INTO HIGHER LEARNING AT SHERIDAN COLLEGE

Sheridan's bridging program was created to allow interior designers with a diploma or other credentials to quickly transition into the BAA program and obtain their degree, which is fast becoming a standard requirement in the industry.

Erin Jenner is program co-ordinator for the Interior Design Degree Bridging Program. "There appears to be a vast interest within the industry, as there is a push coming from within the discipline to raise the bar in the current education system in order to produce knowledgeable, qualified students and future designers. Sheridan has thus responded with the Bridging Program, which is set to launch in the fall of 2012," she says.

The Association of Registered Interior Designers of Ontario is leading the way in the move towards accreditation. Tess Van Groll is co-ordinator of the degree-granting interior design program."ARIDO is asking in the future that people entering the profession have a bachelor's degree in interior design. I think people across North America are seeing professional organizations asking for higher levels of education and this is simply what ARIDO is doing and we realize, that for most people in the past in Ontario, this hasn't been possible. We are one of the very few colleges offering a bachelor of interior design."

The Bachelor of Applied Arts-Interior Design Bridging Program is designed for graduates of a qualifying three-year Interior Design Diploma program who are looking to further their education and develop the additional skills and knowledge required to enter the fourth year of Sheridan's Bachelor of Applied Arts (Interior Design) program.

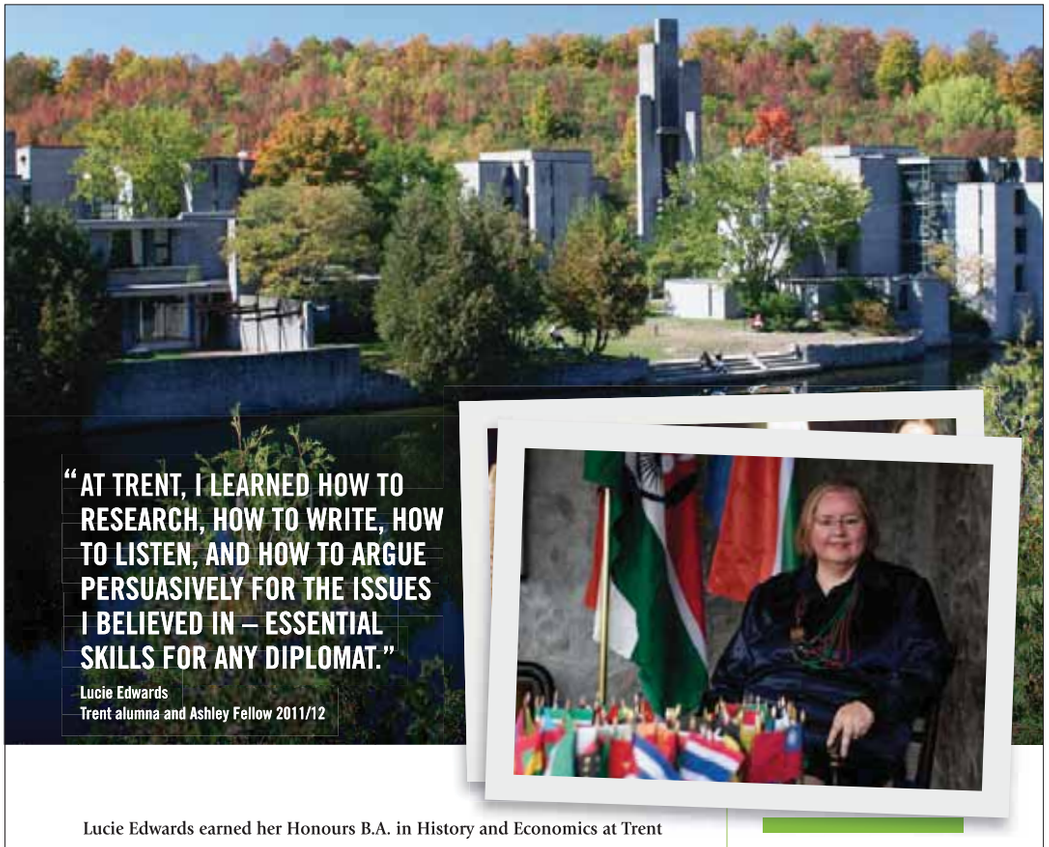
"The bridging program is a way that people from previous years, whether it's a graduate from Sheridan or a graduate from another college, can obtain an undergraduate degree in interior design. So this allows people to get a bachelor's, which is being demanded more and more in the profession today," says Van Groll.

PROGRAM BREAKDOWN

With Sheridan's Bachelor of Applied Arts (Interior Design) program you will learn:

- 2-D and 3-D computer software, including AUTOCAD and SketchUp.
- Project management.
- Sustainability and socially responsible practices.
- Architectural standards.
- Lighting and HVAC systems.
- Residential, corporate, commercial, hospitality, and other related sectors.
- Fire, safety and local building codes.
- Professional business practice.

SHERIDAN COLLEGE PHOTO


"AT TRENT, I LEARNED HOW TO RESEARCH, HOW TO WRITE, HOW TO LISTEN, AND HOW TO ARGUE PERSUASIVELY FOR THE ISSUES I BELIEVED IN – ESSENTIAL SKILLS FOR ANY DIPLOMAT."
Lucie Edwards
Trent alumna and Ashley Fellow 2011/12

Lucie Edwards earned her Honours B.A. in History and Economics at Trent University. She went on to become High Commissioner to Kenya, South Africa and India. Today, she can be found working at the crossroads of science, the environment, and international development. Among the most research-intensive universities of its size in Canada, Trent is renowned for creating opportunities for students to flourish and develop as individuals and as global citizens. This made all the difference to Ms. Edwards who says, "Trent helped me develop the tools in public policy to deal with the big 21st century problems, like climate change and development."

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DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

EARLY BIRD GETS THE JOB

START EARLY, DO HOMEWORK WHEN SEEKING INTERNSHIP

When Heather MacLean was seeking a 2009 summer internship that was part of her master of publishing program at Vancouver's Simon Fraser University, she took a strategic approach.

First, although the internship would run from May to August, MacLean began considering her options, doing her research and contacting people the previous fall. "I thought, if I want to work in the U.S., is that even possible? What's the paperwork? Can I afford it?"

MacLean wanted a paying internship, since she had completed a non-paying one a few years earlier. By January, she had secured a paying internship with the Department of Canadian Heritage in Ottawa in the Book Publishing Industry Development Program (now the Canadian Book Fund).

"The federal government was a great place to work and I learned a ton," says MacLean, 31. "It provided me with a wealth of resources to write my thesis and lots of support and encouragement."

MacLean offers the following pointers on snagging an internship:

PICK UNPAID OR PAID. It's important to decide whether you can afford to work for free for two to four months. "If people are willing, it can be the foot in the door they need to break into an industry," says MacLean.

EVALUATE YOUR LONG-TERM GOALS. MacLean required a solid work project to base her thesis on, which was the point of her internship. "I needed an industry supervisor I could rely on and who would respect and appreciate the months of work I would be doing at their office and how my research would benefit them." The federal government co-op program met those needs.

DO YOUR HOMEWORK. While many programs help set up placements by offering their industry contacts, you have to do a lot of the legwork yourself. "I sent my résumé via email and arranged follow-up phone interviews," says MacLean.

SHARPEN YOUR INTERVIEW SKILLS. MacLean made sure the phone interviews were a two-way process. "I asked a ton of questions to make sure I'd get the most out of the placement before I committed," she says. "That was a big thing, especially because I was moving across the country for the internship."

– Jane Doucet

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EXPERIENCE WAR FIRST-HAND

STUDY JOURNALISM IN CONFLICT ZONES AT ATHABASCA

Nothing can prepare a journalist for the real-life action of a live conflict zone like the Journalism in Conflict Zones practicum course offered through Athabasca University.

By spending more than two weeks at the Canadian Manoeuvre Training Centre (CMTC) in Wainwright, Alta., students will get a taste for what it is like to cover a real conflict zone.

"Journalists would come (into a war zone) for a 10-day visit, and for the first five days, they'd be virtually in a daze. They'd have no idea what's going on," said Tom St. Denis, the AU adjunct professor and former Canadian Forces public affairs officer.

"So that's what we're trying to do: Equip journalists with a whole lot more knowledge and boots-on-the-ground experience in covering the military. They'll benefit, the military benefits, and the Canadian people benefit."

The 620-square-kilometre piece of land, called "the box," houses eight "villages" that have been constructed to simulate conditions in Afghanistan.

BE PREPARED TO GET PHYSICAL

The Journalism in Conflict Zones course is open to journalism and communication studies students, recent grads and working journalists who are looking for a hands-on learning experience.

Applicants must be physically fit to attend the practicum, as they will be responsible for carrying their own gear through the difficult terrain.

The practicum runs twice a year.

Students of the practicum will learn to tell the stories that emerge out of the scenarios portrayed by the 200 civilian role players and 300 military ones.

They will have access to a number of ways of communicating the stories — they can either write, film, edit, be on camera, or take a turn being the news anchor.

Experienced war correspondents will be on hand to mentor students throughout the entire exercise. For more information about this practicum and the application requirements, visit athabascau.ca.

– Candice Ward
– with files from Athabasca University

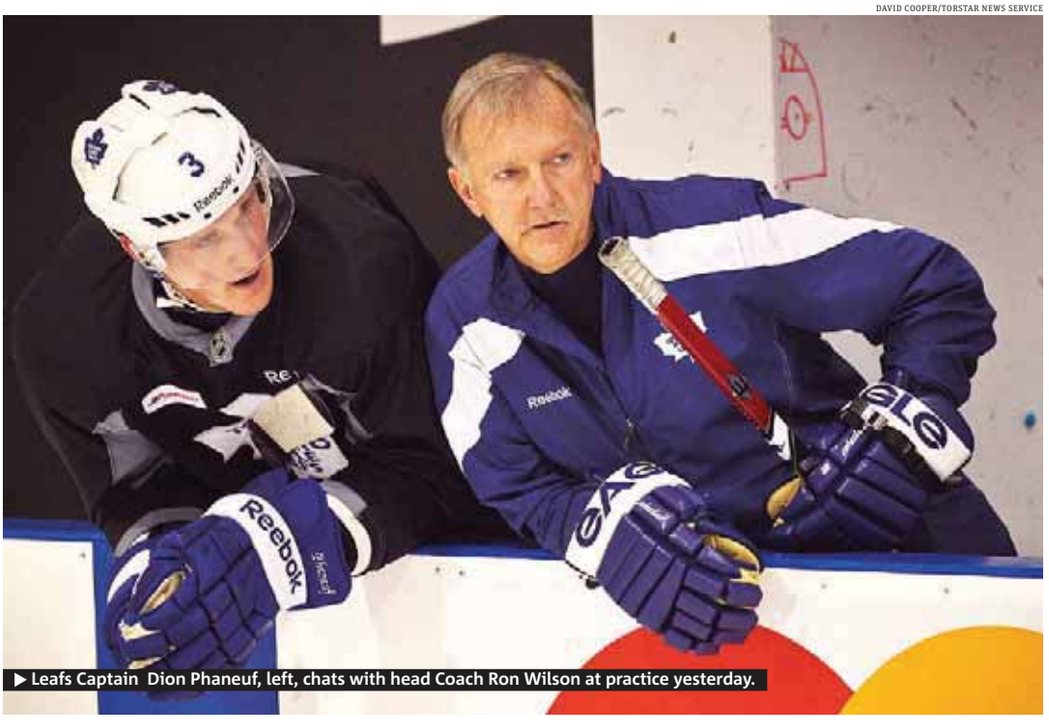
Wary of another collapse

After blowout loss to Boston, Leafs look to recover • Face Florida without Reimer, Connolly

PANTHERS | LEAFS

Time: 7 p.m.
Channel: Sportsnet

DAVID COOPER/TORSTAR NEWS SERVICE



▶ Leafs Captain Dion Phaneuf, left, chats with head Coach Ron Wilson at practice yesterday.

When the NHL schedule finally allowed the Toronto Maple Leafs some time for reflection, coach Ron Wilson admitted to being "terrified."

However, his concern had nothing to do with his team's worst loss of the season — they were blown out 7-0 by Boston on Saturday night — but a book about another impending economic crisis.

"Unfortunately I'm reading 'Aftershock' so now I'm terrified about my money," the former economics major Wilson said. "They're the same authors (David Wiedemer, Robert A. Wiedemer and Cindy S. Spitzer) who predicted the last recession and all the bubbles popping and there's two big bubbles that are yet to pop — if anybody's read it — I would suggest you don't because you'll be depressed before the depression hits."

Back at work yesterday, the coach was met with more cause for concern. Top centre Tim Connolly missed practice and is expected to be out 10-to-14 days with an undisclosed upper-body injury — one Wilson said is unrelated to the ailment that kept him out of eight games to start the year. Goalie James Reimer also remains unavailable with concussion-like symptoms.

The Leafs are dealing with a number of issues heading into tonight's game against Florida despite a 9-4-1 record out of the gate. Chief among them is a struggling penalty kill ranked 30th in the NHL and a 28th-best average of 3.29 goals allowed per game.

"You're playing every couple days and it's how you react to it and respond. Whether it's a win or a loss, you've got to move forward quickly."
LEAFS CAPTAIN DION PHANEUF ON MOVING PAST A 7-0 LOSS TO BOSTON

"We've got to do a better job in front of (the goalies)," said Wilson. "We've had a couple guys struggle a little bit. We've found ways to win games, that's important."

Wilson plans to start Jonas Gustavsson in goal against Florida and ice a blue-line that includes Luke Schenn. The 22-year-old defenceman was a healthy scratch on Saturday and has struggled since signing an $18-million US, five-year contract extension on the eve of training camp.

"I'm not going to take (being scratched) in a negative way or dwell on it too much," said Schenn. "Sitting out obviously is something I never want to do, but at the same time it could help me going forward."

Up front, Tyler Bozak is expected to assume Connolly's place between Phil Kessel and Joffrey Lupul on the No.1 line.

The Leafs have yet to drop consecutive games this season and are very wary of another slide. They endured eight winless streaks of three games or more last year and couldn't recover. THE CANADIAN PRESS

4 sports

Quoted

"Anybody who pays attention to these things already knew that. The only organization in denial was the NHL."
DICK POUND ON GEORGES LARAQUE'S ALLEGATIONS ABOUT PERFORMANCE-ENHANCING DRUGS IN THE NHL. IN NOVEMBER 2005, WHILE STILL PRESIDENT OF THE WORLD ANTI-DOPING AGENCY, POUND RAISED EYEBROWS WHEN HE SAID AS MANY AS A THIRD OF NHL PLAYERS WERE USING SOME KIND OF PERFORMANCE-ENHANCING DRUG.

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Crosby's return could be just a few days away

- Penguins star says it's possible he could return Friday
- 'Everyone's guesses are as good as mine,' Crosby says

Sidney Crosby didn't say no.

He didn't say yes, either. But yesterday, the NHL's sidelined superstar said he could return from his 10-month concussion layoff as early as this weekend.

While the Penguins captain emphasized his status hasn't changed — and there is no target date for his return — he also said he isn't ruling out any game on the upcoming schedule.

Only a week ago, by contrast, he said there was no chance he would play last Thursday in San Jose or Saturday in Los Angeles. Pittsburgh has a five-day break before playing the Dallas Stars at home Friday and the Carolina Hurricanes on the road Saturday.

"That's a possibility," Crosby said of returning Friday. "Just like however many games left there are (a possibility). ... There are a lot of different guesses but, like I said, everyone's guesses are as good as mine."

"I'll reiterate to you again, there is not a timetable or a date right now that we know and you don't."
PENGUINS COACH DAN BYLSMA

There is guesswork involved because nobody seems to know for certain how much contact Crosby must absorb during practice for his doctors to clear him to play for the first time since Jan. 5.

Crosby unexpectedly flew back to Pittsburgh from Los Angeles to meet Sunday with his concussion specialists, touching off talk that his return was imminent. However, he said he merely wanted to get the session out of the way so he could take part in team-building activities yesterday and today.

Penguins coach Dan Bylsma also said nothing has changed. Crosby goes through all drills during practices with his teammates, then is evaluated periodically by those overseeing his recovery to see how he is progressing.
THE CANADIAN PRESS

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	15	9	3	1	2	45	34	21	4-1-1-0	5-2-0-2	6-3-0-1	W1
d-Toronto	14	9	4	1	0	45	46	19	5-1-1-0	4-3-0-0	6-4-0-0	L1
d-Washington	12	9	3	0	0	48	33	18	6-0-0-0	3-3-0-0	7-3-0-0	L1
Philadelphia	14	8	4	1	1	58	44	18	4-3-1-1	4-1-0-0	5-4-0-1	W1
NY Rangers	13	7	3	1	2	35	28	17	4-1-0-1	3-2-1-1	7-2-0-1	W4
Buffalo	13	8	5	0	0	36	28	16	3-4-0-0	5-1-0-0	6-4-0-0	W2
Tampa Bay	14	7	5	0	2	44	46	16	4-1-0-0	3-4-0-2	6-3-0-1	W2
Florida	13	6	4	0	3	34	36	15	2-1-0-3	4-3-0-0	4-3-0-3	L3
Ottawa	15	7	7	0	1	45	55	15	5-3-0-1	2-4-0-0	6-3-0-1	L3
New Jersey	12	6	5	0	1	30	34	13	3-2-0-1	3-3-0-0	5-3-0-1	W2
Carolina	14	5	6	2	1	35	47	13	3-3-0-1	2-3-2-0	4-4-1-1	L2
Boston	13	6	7	0	0	40	30	12	4-5-0-0	2-2-0-0	5-5-0-0	W3
Montreal	13	5	6	1	1	34	36	12	2-3-1-1	3-3-0-0	4-4-1-1	L1
Winnipeg	14	5	7	1	1	35	45	12	2-2-0-0	3-5-1-1	4-4-1-1	L2
NY Islanders	12	4	6	1	1	25	35	10	4-3-1-0	0-3-0-1	3-5-1-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	13	10	3	0	0	40	31	20	6-1-0-0	4-2-0-0	8-2-0-0	W3
d-Chicago	14	8	3	1	2	46	42	19	5-1-0-2	3-2-1-0	6-2-1-1	L2
d-Edmonton	13	8	3	0	2	30	22	18	5-1-0-1	3-2-0-1	7-2-0-1	L1
Minnesota	13	7	3	2	1	30	26	17	5-2-1-0	2-1-1-1	6-2-2-0	W4
Nashville	13	7	4	1	1	35	34	16	2-2-0-1	5-2-1-0	5-3-1-1	W2
Phoenix	13	7	4	0	2	38	36	16	4-3-0-1	3-1-0-1	6-3-0-1	W1
San Jose	12	7	4	1	0	37	33	15	2-2-1-0	5-2-0-0	6-3-1-0	L1
Los Angeles	13	6	4	1	2	28	28	15	3-3-0-1	3-1-1-1	5-3-1-1	L4
Colorado	14	7	6	1	0	40	42	15	1-5-0-0	6-1-1-0	4-5-1-0	L3
Vancouver	15	7	7	0	1	45	44	15	3-2-0-1	4-5-0-0	5-5-0-0	W1
Detroit	12	6	5	1	0	29	29	13	4-2-1-0	2-3-0-0	4-5-1-0	W1
Calgary	13	6	6	1	0	30	32	13	3-3-1-0	3-3-0-0	5-4-1-0	W1
Anaheim	14	5	6	1	2	27	41	13	3-2-0-0	2-4-1-2	2-5-1-2	L5
St. Louis	13	6	7	0	0	32	35	12	3-1-0-0	3-6-0-0	5-5-0-0	L1
Columbus	14	2	11	0	1	31	53	5	2-4-0-1	0-7-0-0	2-8-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 6 N.Y. Islanders 2
Los Angeles at San Jose
Sunday's results
Calgary 2 Colorado 1
Vancouver 6 Chicago 2
N.Y. Rangers 3 Winnipeg 0
Dallas 5 Carolina 2
Tampa Bay 4 Florida 3 (SO)
Tonight's games
All Times Eastern
Winnipeg at Buffalo, 7 p.m.
Florida at Toronto, 7 p.m.
Carolina at New Jersey, 7 p.m.
Dallas at Washington, 7 p.m.
Edmonton at Montreal, 7:30 p.m.
Colorado at Detroit, 7:30 p.m.
Chicago at St. Louis, 8 p.m.
Minnesota at Calgary, 9 p.m.
Nashville at Los Angeles, 10:30 p.m.
Tomorrow's games
N.Y. Rangers at Ottawa, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Nashville at Anaheim, 10 p.m.
Thursday's games
Edmonton at Boston, 7 p.m.
Chicago at Columbus, 7 p.m.
Toronto at St. Louis, 8 p.m.
Florida at Winnipeg, 8:30 p.m.
N.Y. Islanders at Colorado, 9 p.m.
Montreal at Phoenix, 9 p.m.
Vancouver at Los Angeles, 10:30 p.m.
Minnesota at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Kessel, Tor	10	11	21
Giroux, Pha	9	10	19
Backstrom, Wash	5	13	18
H.Sedin, Vcr	5	13	18
D.Sedin, Vcr	6	11	17
Lupul, Tor	8	8	16
Vanek, Buf	8	8	16
Kopitar, LA	7	9	16
Benn, Dal	5	11	16
Stamkos, TB	10	5	15
Pavelski, SJ	9	6	15
Eriksson, Dal	8	7	15
Jagr, Pha	6	9	15
Spezza, Ott	6	9	15
Pominville, Buf	5	10	15
P.Kane, Chi	4	11	15
Edler, Vcr	3	12	15
M.Bergeron, TB	2	13	15
Michalek, Ott	9	5	14
Neal, Pgh	9	5	14
Seguin, Bos	7	7	14
Skinner, Car	6	8	14
Ra.Whitney, Phx	6	8	14
Legwand, Nash	5	9	14
Selanne, Ana	5	9	14
St. Louis, TB	3	11	14
Gaborik, NYR	7	6	13
Ma.Hossa, Chi	7	6	13
Ovechkin, Wash	6	7	13
Versteeg, Fla	5	8	13
Karlsson, Ott	1	12	13
Letang, Pgh	1	12	13
Tavares, NYI	8	4	12
Nugent-Hopkins, Edm	6	6	12
Smyth, Edm	6	6	12
van Riemsdyk, Pha	6	6	12
T.Fleischmann, Fla	5	7	12
Hartnell, Pha	5	7	12
Purcell, TB	5	7	12
P.Sharp, Chi	5	7	12
Vrbata, Phx	5	7	12
Briere, Pha	4	8	12
Plekanec, Mtl	4	8	12
Campbell, Fla	1	11	12

Not including last night's games

HOCKEY

CHL/RUSSIA SUPER SERIES

All Times Eastern
Last night's result
At Victoriaville, Que.
Russia 2 QMJHL 0
Tomorrow's game
At Quebec City
Russia vs. QMJHL, 7 p.m.
Thursday's game
At Ottawa
Russia vs. OHL, 7 p.m.
Monday, Nov. 14
At Sault Ste. Marie, Ont.
Russia vs. OHL, 7 p.m.
Wednesday, Nov. 16
At Regina
Russia vs. WHL, 8 p.m.
Thursday, Nov. 17
At Moose Jaw, Sask.
Russia vs. WHL, 8 p.m.

IIHF 2011 WORLD JUNIOR A CHALLENGE

At Langley, B.C.

PRELIMINARY ROUND

All Times Eastern
Last night's results
Canada East 3 Czech Republic 0
U.S. vs. Sweden
Tonight's games
Czech Republic vs. Russia, 7 p.m.
Sweden vs. **Canada West**, 10:30 p.m.
Tomorrow's games
Russia vs. **Canada East**, 7 p.m.
Canada West vs. U.S., 10:30 p.m.

IIHF 2012 WORLD JUNIOR CHAMPIONSHIP

PRELIMINARY ROUND

Monday, Dec. 26
At Edmonton
Canada vs. Finland, 3:30 p.m.
U.S. vs. Denmark, 8 p.m.
At Calgary
Sweden vs. Latvia, 5:30 p.m.
Russia vs. Switzerland, 10 p.m.
Tuesday, Dec. 27
At Edmonton
Denmark vs. Czech Republic, 8 p.m.
At Calgary
Latvia vs. Slovakia, 10 p.m.
Wednesday, Dec. 28
At Edmonton
Finland vs. U.S., 3:30 p.m.
Czech Republic vs. **Canada**, 8 p.m.
At Calgary
Switzerland vs. Sweden, 5:30 p.m.
Slovakia vs. Russia, 10 p.m.
Thursday, Dec. 29
At Edmonton
Canada vs. Denmark, 8 p.m.
At Calgary
Russia vs. Latvia, 10 p.m.
Friday, Dec. 30
At Edmonton
Czech Republic vs. U.S., 3:30 p.m.
Denmark vs. Finland, 8 p.m.
At Calgary
Slovakia vs. Sweden, 5:30 p.m.
Latvia vs. Switzerland, 10 p.m.
Saturday, Dec. 31
At Edmonton
Finland vs. Czech Republic, 4 p.m.
U.S. vs. **Canada**, 8 p.m.
At Calgary
Switzerland vs. Slovakia, 6 p.m.
Sweden vs. Russia, 10 p.m.

NFL

WEEK NINE

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	5	3	0	.625	222	184
N.Y. Jets	5	3	0	.625	199	163
Buffalo	5	3	0	.625	222	174
Miami	1	7	0	.125	138	169
SOUTH						
Houston	6	3	0	.667	236	157
Tennessee	4	4	0	.500	156	169
Jacksonville	2	6	0	.250	98	163
Indianapolis	0	9	0	.000	128	283
NORTH						
Baltimore	6	2	0	.750	208	130
Cincinnati	6	2	0	.750	195	140
Pittsburgh	6	3	0	.667	196	162
Cleveland	3	5	0	.375	119	170
WEST						
Kansas City	4	4	0	.500	131	201
San Diego	4	4	0	.500	199	204
Oakland	4	4	0	.500	184	216
Denver	3	5	0	.375	171	224

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	198	184
Dallas	4	4	0	.500	179	175
Philadelphia	3	4	0	.429	179	152
Washington	3	5	0	.375	127	158
SOUTH						
New Orleans	6	3	0	.667	287	205
Atlanta	5	3	0	.625	189	170
Tampa Bay	4	4	0	.500	147	196
Carolina	2	6	0	.250	187	207
NORTH						
Green Bay	8	0	0	1.000	275	179
Detroit	6	2	0	.750	239	147
Chicago	4	3	0	.571	170	150
Minnesota	2	6	0	.250	172	199
WEST						
San Francisco	7	1	0	.875	206	118
Seattle	2	6	0	.250	122	185
Arizona	2	6	0	.250	162	196
St. Louis	1	7	0	.125	100	211

Byes: Carolina, Detroit, Jacksonville, Minnesota
Last night's result
Chicago at Philadelphia
Sunday's results
Dallas 23 Seattle 13
Miami 31 Kansas City 3
New Orleans 27 Tampa Bay 16
Houston 30 Cleveland 12
San Francisco 19 Washington 11
N.Y. Jets 27 Buffalo 11
Atlanta 31 Indianapolis 7
Denver 38 Oakland 24
Cincinnati 24 Tennessee 17
Green Bay 45 San Diego 38
Arizona 19 St. Louis 13 (OT)
N.Y. Giants 24 New England 20
Baltimore 23 Pittsburgh 20

WEEK 10

All Times Eastern
Thursday, Nov. 10
Oakland at San Diego, 8:20 p.m.
Sunday, Nov. 13
Buffalo at Dallas, 1 p.m.
Denver at Kansas City, 1 p.m.
Washington at Miami, 1 p.m.
St. Louis at Cleveland, 1 p.m.
Arizona at Philadelphia, 1 p.m.
Tennessee at Carolina, 1 p.m.
Pittsburgh at Cincinnati, 1 p.m.
Houston at Tampa Bay, 1 p.m.
New Orleans at Atlanta, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
Baltimore at Seattle, 4:05 p.m.
N.Y. Giants at San Francisco, 4:15 p.m.
Detroit at Chicago, 4:15 p.m.
New England at N.Y. Jets, 8:20 p.m.
Monday, Nov. 14
Minnesota at Green Bay, 8:30 p.m.

GOLF

PGA MONEY LEADERS

(all figures in U.S. dollars)

	Trn	Money
1. Luke Donald	19	$6,683,214
2. Webb Simpson	26	$6,347,353
3. Nick Watney	22	$5,290,673
4. K.J. Choi	22	$4,434,691
5. Dustin Johnson	21	$4,309,961
6. Matt Kuchar	24	$4,233,920
7. Bill Haas	26	$4,088,637
8. Steve Stricker	19	$3,992,785
9. Jason Day	21	$3,962,647
10. David Toms	23	$3,858,090
11. Adam Scott	18	$3,764,797
12. Phil Mickelson	21	$3,763,488
13. Keegan Bradley	28	$3,758,600
14. Brandt Snedeker	26	$3,587,206
15. Hunter Mahan	25	$3,503,540
16. Bubba Watson	22	$3,477,811
17. Gary Woodland	25	$3,448,591
18. Justin Rose	23	$3,401,420
19. Mark Wilson	26	$3,158,477
20. Aaron Baddeley	22	$3,094,693
21. Jason Dufner	23	$3,057,860
22. Jonathan Byrd	26	$2,938,920
23. Martin Laird	23	$2,676,509
24. Charl Schwartzel	15	$2,604,558
25. Charles Howell III	30	$2,509,223
26. Fredrik Jacobson	25	$2,488,325
27. Rory Sabbatini	24	$2,420,655
28. Vijay Singh	25	$2,371,050
29. Bo Van Pelt	27	$2,344,546
30. Kevin Na	26	$2,336,965
31. Spencer Levin	31	$2,320,038
32. Y.E. Yang	18	$2,314,865
33. John Senden	26	$2,294,811
34. Chez Reavie	27	$2,285,067
35. Tommy Gainey	34	$2,174,191
36. Rickie Fowler	24	$2,084,681
37. D.A. Points	26	$2,034,156
38. Brendan Steele	27	$1,976,310
39. Steve Marino	23	$1,975,076
40. Bryce Molder	27	$1,957,944

LPGA MONEY LEADERS

(all figures in U.S. dollars)

	Trn	Money
1. Yani Tseng	20	$2,873,629
2. Cristie Kerr	20	$1,417,911
3. Stacy Lewis	21	$1,340,521
4. Na Yeon Choi	20	$1,301,312
5. Suzann Pettersen	18	$1,234,700
6. Brittany Lincicome	19	$1,125,310
7. Angela Stanford	19	$1,003,322
8. Ai Miyazato	17	$944,506
9. Amy Yang	20	$890,939
10. Morgan Pressel	20	$813,103
11. Paula Creamer	19	$807,695
12. I.K. Kim	19	$773,065
13. Karrie Webb	19	$750,670
14. Jiyai Shin	18	$720,735
15. Brittany Lang	20	$594,441
16. Maria Hjorth	18	$575,309
17. Michelle Wie	18	$569,752
18. Hee Kyung Seo	19	$563,677
19. Mika Miyazato	18	$563,204
20. Sandra Gal	18	$513,246
21. Azahara Munoz	21	$496,716
22. Catriona Matthew	17	$482,217
23. Anna Nordqvist	18	$481,191
24. Sun Young Yoo	20	$473,519
25. Sophie Gustafson	19	$411,589
26. Meena Lee	19	$384,951
27. Se Ri Pak	18	$380,140
28. Karen Stupples	20	$367,135
29. Inbee Park	16	$365,231
30. Shanshan Feng	17	$362,097
31. Hee Young Park	19	$343,569
32. Katie Futcher	18	$342,627
33. Momoko Ueda	16	$333,494
34. Song-Hee Kim	20	$329,832
35. Chella Choi	19	$305,524
36. Candie Kung	20	$264,591
37. Juli Inkster	19	$250,453
38. Mindy Kim	18	$247,671
39. Jimin Kang	21	$243,402
40. Tiffany Joh	13	$233,910

CFL

PLAYOFFS

DIVISION SEMIFINALS

Sunday, Nov. 13
EAST
Bye: Winnipeg
Hamilton at Montreal, 1 p.m.
WEST
Bye: B.C.
Calgary at Edmonton, 4:30 p.m.

DIVISION FINALS

Sunday, Nov. 20
EAST
Hamilton/Montreal at Winnipeg, 1 p.m.
WEST
Calgary/Edmonton at B.C., 4:30 p.m.

99TH GREY CUP

Sunday, Nov. 27
At Vancouver
East vs. West champion, 6:30 p.m.

SOCCER

MLS PLAYOFFS

CONFERENCE FINALS

Sunday's results
EASTERN CONFERENCE
Houston 2 Kansas City 0
WESTERN CONFERENCE
Los Angeles 3 Real Salt Lake 1

MLS CUP

All Times Eastern
Sunday, Nov. 20
At Carson, Calif.
Houston vs. Los Angeles, 9 p.m.

TENNIS

ATP BNP PARIBAS MASTERS

At Paris
Singles
First Round
Julien Benneteau, France, def. **Milos Raonic, Thornhill, Ont.**, 6-7 (5), 7-6 (5), 6-4.
Philipp Kohlschreiber, Germany, def. Mikhail Youzhny, Russia, 6-4, 6-2.
Guillermo Garcia-Lopez, Spain, def. Santiago Giraldo, Colombia, 6-4, 1-6, 6-4.
Fernando Verdasco, Spain, def. Marin Cilic, Croatia, 3-6, 6-2, 6-3.
Kevin Anderson, South Africa, def. Gilles Muller, Luxembourg, 6-3, 4-6, 6-4.
Florian Mayer, Germany, def. Radek Stepanek, Czech Republic, 7-5, 6-3.
Alex Bogomolov, Jr., U.S., def. Thomaz Bellucci, Brazil, 4-6, 7-6 (4), 6-2.
Nicolas Mahut, France, def. Juan Carlos Ferrero, Spain, 6-2, 6-3.
Andreas Seppi, Italy, def. Nikolay Davydenko, Russia, 7-6 (2), 7-5.
Adrian Mannarino, France, def. Dmitry Tursunov, Russia, 6-2, 6-2.
Doubles
First Round
Ross Hutchins and Andy Murray, Britain, def. Nicolas Almagro and David Marrero, Spain, 4-6, 6-3, 10-7 (tiebreak).

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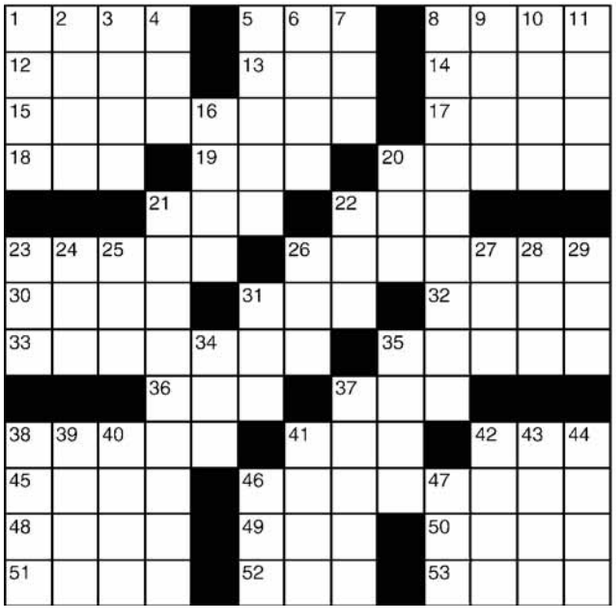
Crossword



Across
1 Chew at persistently
5 Banned bug killer
8 "American —"
12 Architect Saarinen
13 Rage
14 Exploding star
15 Outer
17 Campus area, for short
18 Pigpen
19 Ovum
20 Sullen and gruff
21 Agent
22 Luau side dish
23 Undoes a dele
26 Log
30 Basin accessory
31 Wicked
32 Corn Belt state
33 Army rank
35 Moisten in the morn
36 "Just kidding!"
37 Owns
38 Festoons
41 Petrol
42 Blackbird
45 Poetic foot
46 Hellish
48 Transport on Oscar night
49 Trench
50 Hoisted, nautically
51 U.S. fort where gold is kept
52 Donkey
53 Cameo gem

Down
1 The Bee —
2 Adjacent (to)
3 Bohemian
4 Travail
5 Having set-in stains
6 "La Cage aux Folles" costuming
7 — Aviv
8 Requests for information
9 Gloomy
10 Elliptical
11 Country trio — Antebellum
16 Dems.' rivals
20 Old French coin
21 Case for storing valuables
22 Pea holder
23 Moment
24 Pair
25 Moray, for one
26 Tokyo-based carrier
27 Affirmative action?
28 Shock and —
29 Legislation
31 Wager
34 Ph. bk. data
35 Foundation
37 Weapons' handles
38 Luxurious fabric
39 Large, heavy wagon
40 Bullets et al.
41 Wildebeests
42 Unsigned (Abbr.)
43 Almost black
44 Holly
46 Glass of NPR
47 Pi follower

▶ Yesterday's answer

G	U	M			A	S	P		R	O	A	D
A	N	E	W		N	I	L		U	N	D	O
L	I	M	A		D	N	A		N	E	O	N
A	T	O	L	L		K	I	L	N			
			K	I	D		D	E	I	C	E	D
J	A	N	I	T	O	R		A	N	O	D	E
A	M	E	N		G	I	N		G	A	G	A
V	I	R	G	O		B	U	M	B	L	E	R
A	D	D	S	U	P		T	A	O			
			T	R	O	T		P	A	T	T	Y
M	A	L	I		S	I	R		R	H	E	A
E	P	I	C		I	R	E		D	R	A	W
G	E	E	K		T	E	D		U	R	N	

Sudoku

4								5
6			5		3			7
		3	8	9	6	2		
	4		3		9		7	
	7						2	
	6		2		1		8	
		7	9	6	5	1		
5			4		8			9
8								2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	5	3	4	7	8	9	2	1
8	1	2	5	3	9	7	6	4
4	9	7	2	1	6	5	3	8
7	4	9	8	5	3	2	1	6
2	8	1	6	9	7	4	5	3
3	6	5	1	2	4	8	9	7
9	7	8	3	6	2	1	4	5
5	2	6	7	4	1	3	8	9
1	3	4	9	8	5	6	7	2

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My # 1,
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KING L

Not lost! a little disappointed in myself, scared about the controversial aspect, but do want to try.
FOREVER

Lucie,
Your the sweetest girl someone could ask for. When I open my eyes in the morning nothing feels better than knowing I can see you. I love every moment we share together :)
KEVIN

Miss. Magoo,
Ice cream. Ice cream in my face. Ice tea. Ice tea in my face. Walked past that old willow today. Cochrane kisses, and construction powerslides. I found you miss magoo!
FRANCHDRESSING

Today
14°/8°
Partly sunny
Wednesday
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You must get over the idea everyone you meet wants to cheat you. It isn't true.

♉ Taurus April 21-May 21 You won't be able to hide your feelings from other people today, so don't even try.

♊ Gemini May 22-June 21 Chances are most things can wait until tomorrow, if not the day after, so take it easy.

♋ Cancer June 22-July 22 Make this the day of the week you take off to recharge your batteries. Tomorrow you'll fly.

♌ Leo July 23-Aug.23 Learn what you can from what went before and then move purposefully towards the future.

♍ Virgo Aug. 24- Sept. 22 Be wary of anyone who tries to encourage you to take unnecessary risks. What's in it for them?

♎ Libra Sept. 23-Oct. 23 Someone will try to take something from you today, but they won't succeed.

♏ Scorpio Oct. 24-Nov. 22 Be selective in what you do or a lot of your energy will be wasted.

♐ Sagittarius Nov. 23-Dec. 21 Rivals and competitors seem determined to give you a hard time. Keep telling yourself that you have what it takes to be the best and keep telling them that you refuse to play by their rules.

♑ Capricorn Dec. 22-Jan. 20 Nothing in your life is set in stone.

♒ Aquarius Jan. 21-Feb. 18 Control your desires, don't let them control you.

♓ Pisces Feb. 19-March 20. Focus on the big issues today. Don't allow yourself to be distracted by the little, everyday things that tend to take up far more time and energy than they are worth. **SALLY BROMPTON**

Caption contest

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